Options

MARIN'S PROGRESSIVE VOICE

SUMMER 1991

Who's Issuing The New World Orders?

Inside:
The Teachings of Thich Nhat Hanh

Activist Profile
Allan Barnett

Another Look
At County Planning

Options magazine

Staff

Editor Wendi Kallins
Art Director Lew Tremaine
Copy Editor Jill Kramer
Snapshots Editor Mitra

Contributing Writers Amity Hotchkiss, Andy Peri, Wendi Kallins, Lew Tremaine, Jill Kramer

Contributing Artists Steve Lyons, Penny Yrigoyen, Sheila Neil, Kent Essex, Dwight Smackelford

Cover Art Steve Lyons

Many thanks to the many talented artists and writers who generously donated their work to this issue of Options Magazine.

Options Magazine is published quarterly at 11 Bolinas Road, Fairfax, CA 94930; Phone 485-5329. Entire contents of this issue copyright July 1991, Options Magazine. All rights reserved.

Table of Contents

Opinion	*2*
Who is Issuing the New World Orders?	**5**
Pacifying the Peacemakers: The Teachings of Thich Nhat Hanh	**9**
Snapshots	**16**
A New Look at Countywide Planning	**19**
Communities Can Talk About Their Police Departments	**24**
Activists Profile: Allan Barnett	**28**
Marin Activists Nurture Green Movement	**32**
Marketplace Exchange	**36**
Resource Directory	**42**

Calling all Writers and Artists:

If you would like to contribute to Options call 485-5329. All work is donated. We will consider any submission.

Help Wanted:

You never know. Maybe there is somebody out there experienced in sales and marketing who would like to help spread Options around. If you have talents in sales, marketing, or fundraising, a bit of spare time and are willing to work on commission, give us a call at 485-5329.

Options Forges On

It was touch and go there for awhile, but Options will continue publishing for yet another year. After reviewing finances we discovered that if we scale down the printing and eliminate the color, we can be supported entirely by our subscribers. This relieves us of the need for a salesperson on our staff, a rare and endangered species. Our distribution will be limited to subscribers only, with a few hundred extra for rallies and other give-aways. So if your friends want a copy advise them to subscribe. Better yet, give them a subscription as a present.

This decision has freed us all to concentrate on creating the magazine by simplifying our project. We are a troop of writers, artists and activists who really want to bring this information to you in the best way we can. It is a privilege to be able to bring such fine talent together under one cover.

If your mailing label is dated July or earlier then your subscription has run out. Please renew today. Options is a reader sponsored magazine and your donations allow us to continue bringing you the finest commentary on Marin progressive politics. Please enjoy this latest issue of Options and tell a friend.

SUBSCRIBE FOR ONLY $10 A YEAR

___Yes! I want Options in my life. Sign me up for a one year subscription. Here is my check for $10.

Name_____

Address_____

City_____State_____Zip_____

Phone_____

Keep up the good work.
Here is my additional donation to Options:

__$100 ___$50 ___$25 ____$10 __Other

Options is a project of the Agape Foundation, a non-profit organization committed to non-violent social change.
Tax deductible donations of over $25 may be made to Options/Agape.
Clip and send to Options Magazine, 1 Bolinas Rd., Fairfax, CA 94930.

Opinion

GULF WAR HANGOVER

by Jill Kramer

Is anybody else having hangover symptoms? It seems that every time I see a news clip of a Gulf War parade...or read reports that George Herbert Walker Bush is the most popular U.S. president in history...or even see a yellow ribbon...I get a headache, and this queasy feeling in my stomach.

Could these symptoms be a result of having ingested too much of something toxic? Forgive me for asking...I mean, I know that we Americans are now riding high on a wave of patriotism that restored our national pride, and that can't be a bad thing...right? After all, our side only lost a few hundred lives, as compared with thousands, maybe hundreds of thousands (it's not our job to keep track of these things), of the enemy's lives, and that makes us the winner. We sure kicked butt.

It was grand to see all those Patriot missiles lighting up the sky, blowing up the enemy's Scuds (although I keep reading, now that the censorship has been lifted, about how it turns out that most of our missiles failed to detonate them...but anyway, it was a terrific show).

And it was spiritually uplifting to hear George Holy War Bush talk about how we "liberated Kuwait" (although I keep hearing about how the Kuwaiti royal family, now restored to power, has been toruturing and murdering residents who sympathized with Iraq...but that's better than having Iraquis torturing and murdering Kuwaitis, isn't it? Besides, most of them are Palestinians, and they're a pretty smarmy lot anyway, aren't they?)

Yes, it's always a good feeling to help out a friend, and I'm sure the Kuwaitis are grateful to us for giving them their country back again...no matter what kind of shape it's in now. Of course, it may take a few years before the oil fires are all out and they're able to see the sun again, but they'd be even worse off if we hadn't intervened. Or would they?

I must admit, it is rather difficult to imagine how things could have turned out any worse if we hadn't gone to war. Under Iraqi rule, Kuwait's oil wells would have remained intact; the rate of damage to the world's ozone layer and global warming would not have skyrocketed; no black rain would settle on snow-capped peaks in Nepal; Gulf birds would not be coated and drowning in muck.

If we hadn't gone to war there would have been no Kurdish uprising and massacre; starvation and disease would not ravage thousands of Iraqi babies due to a demolished national infrastructure. And here at home, programs that pay for education, housing, food and health care would not have to be gutted; American babies would not have to die to pay for the bombs we needed to kill Iraqi babies.

But why dwell on the downside? Look at all we've accomplished: Kuwait is safely back under the thumb of the royal family; the manhood of George Hey (I'm No) Wimp Bush has been proved; and, most of all, we can now all be proud to be Americans once again.

Does anybody else feel like throwing up?

Bush's Energy Plan a Joke

by Andy Peri

The United States has finally come up with its national energy plan. The environmental movement has been demanding a sound energy policy but instead the Bush team has delivered a misguided and short sighted policy outlined in the document known as the National Energy Strategy (NES). This document is not surprising - it is perfectly consistent with the warm relationship of the President and his men to the oil, coal and nuclear industries. The NES has not at all strayed from the Administration's trajectory toward environmental disaster.

The proposed energy strategy relies on the further, and disastrous, domestic exploitation of non-renewable resources.

The most controversial aspect of the plan is the proposed drilling of Alaska's Arctic National Wilderness Refuge (ANWR), to recover what the Interior Department estimates will be the equivalent of a 200 day supply of oil. This beautiful, pristine and sensitive area was established as a refuge in 1960 and has since been closed to drilling. A loophole built into the ANWR language has recently been enlarged to the extent that oil company executives will find it quite easy to fit through it while standing on the deck of their favorite oil tanker.

In addition to this assault by our environmental president, the NES proposes drilling into the Outer Continental Shelf of Alaska, California and Florida, the North Slope of Alaska, and building the Trans-Alaska Gas System pipeline which will wreak great havoc on the Arctic tundra.

Increasing the risk of environmental disaster in the lower 48 states is the proposed NES nuclear policy. Using faulty energy requirement predictions, the NES anticipates the need for three times the current number of nuclear power plants in the next 40 years. In addition to more "advanced reactors" which are touted to be "inherently safe," the NES will help to revive the nuclear industry by limiting public participation in the regulatory processes. In effect, more nuclear power plants will go on line regardless of public opinion. Furthermore, states will lose the right to refute the storage of radioactive waste.

Also, radioactive waste disposal will be privatized thereby eliminating current government accountability in addition to removing currently required public disclosure about rad-waste handling, transportation and disposal.

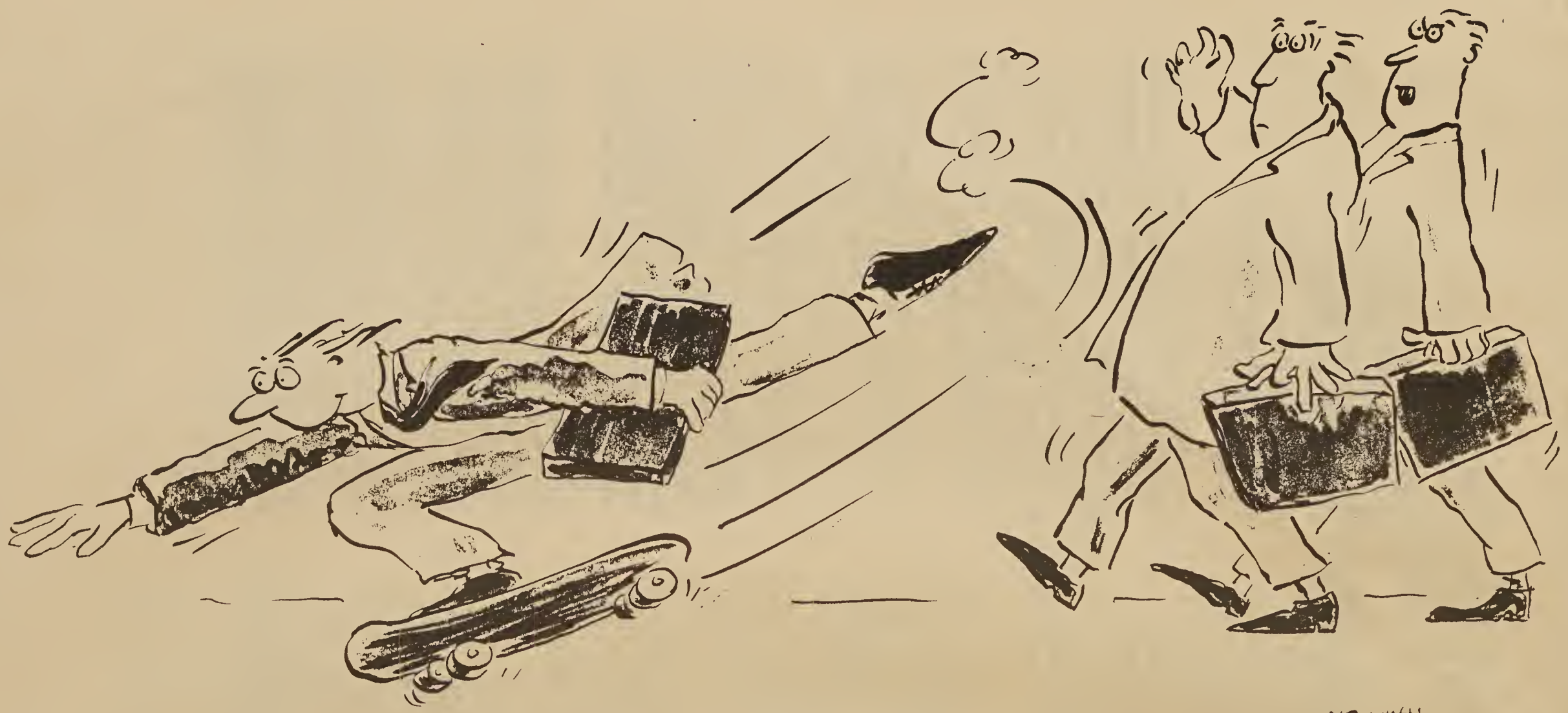
As a companion to the new, beefed up nuclear industry, the NES suggests increasing the number of environmentally harsh coal- fired power plants.

Most revealing about the NES document is not what is left in, but what is left out. Transportation accounts for two-thirds of U.S. oil consumption. An increase in car and truck fuel efficiency standards would significantly decrease the need for oil imports. The auto industry says fuel efficient cars are too lightly built and therefore dangerous. But this is mere rhetoric. Automobile fuel efficiency standards remain unaddressed by policy makers because of the successes of the auto industry's iron triangle, the Washington menage a trois.

Also significantly absent from this document is a call for energy efficiency. When energy is saved via efficiency, it is the equivalent to energy being produced at a power plant. In 1988, energy efficiency contributed more than five times the energy that was produced by nuclear power plants.

Energy efficiency and conservation only receives lip service in the NES because such enlightened practices threaten the expansion of the nuclear, oil and coal industries. Government secured contracts for these multi-billion dollar industries are not what energy policy proponents had in mind when they asked for a sound energy policy.

Policy makers are well aware of such problems as the global carbon dioxide problem caused by the burning of fossil fuels; urban smog and forest destruction caused by acid rain; the hidden costs imposed by our military presence in the Persian Gulf and America's nuclear waste problems. Perhaps they are not as well aware of the extent to which drilling for oil results in air, land and water pollution and that the global oil supply at current growth rates will last only about another 70 years. Policy makers must wake up to the realities of our increasingly self-destructive energy policies and begin the transition to energy alternatives that are more friendly to the environment because time is running out.



YRIGOYEN

I THINK SIMMS IS ACTUALLY ENJOYING THIS OIL CRISIS!!

©PENNY YRIGOYEN 1990 ALL RIGHTS RESERVED

What, Another Conspiracy Theory?

Who Is Issuing the New World Orders?

by Lew Tremaine

I've got this friend who occasionally provides me right wing propaganda, so I can get a better idea of his point of view when we discuss politics. This is arch-conservative stuff, far from your run-of-the-mill Bush/Baker/Cheney dogma. And it turns out that the far right and I have something in common - we don't like Bush's New World Order thing.

The New World Order is a big topic among the far right. They have different reasons than I for not liking it, but it would be a considerable task to match their venom. (It was, by the way, an equal task to match their venom against the Persian Gulf War, until we won the thing in a cakewalk and they jumped on the flag-waving bandwagon.)

When reading far right propaganda, it must be recognized immediately that its authors come from a Russophobic, NRA-type mindset. In fact, one of their biggest problems with the New World Order is that we are participating in it with the Soviet Union and through the United Nations (they hate the U.N.).

The Conservative's Conspiracy Theory

According to the far right think tank - guys like Patrick Buchanan and Thomas MacLeanny among them - the New World order is a 40-year-old conspiracy that is now coming to fruition. The conspiracy started with the formation of the United Nations and its goal is to create a world government, complete with a functioning World Court, a powerful World Security Force and taxation powers.

Lead by the Tri-lateralists, an international cadre of bankers and industrialists, the conspiracy's end game is to control the worldwide economy by creating one monetary system for all nations. Readers of Kirby Ferris' column in the *Coastal Post* may be familiar with this theory; it's the one in which everyone is issued an ATM card and all financial transactions are made with this card. No hard currency exists and everyone's spending habits are tracked through their Social Security number. Ferris reads some of the same newsletters I do.

According to the far right, the world government's system will function as a mixture of Soviet socialism and a limited free market economy. The security force, according to the far right, will be controlled by the Soviet Union's leadership - as set forth in the U.N. Charter. Personal ownership of firearms will be outlawed and national governments will have a relationship to the world government similar to the relationship that state governments in the U.S. have with our current federal government.

Why the Far Right Opposed the War

As the far right saw it, the Gulf War was the first demonstration project for the New World order. They agree completely with the anti-war left's point of view that Saddam Hussein was set up to be knocked down. They point to the eight-month propaganda war against Saddam that preceded the war and note its similarity to the propaganda that preceded our military action against Noriega in Panama. The far right considered both men valuable allies.

When the air war began over Kuwait and Iraq, MacLeanney spent the better part of that edition of his newsletter, the Intelligence Advisor, talking about Bush's pretense of diplomacy prior to the allied attack. He quoted State Department sources who confirmed that Bush had no intention of allowing a diplomatic solution. The war had to be fought, his sources said, because the U.N.'s capability for military cooperation had to be demonstrated. After the war, MacLeanney wrote a piece on the Bush administration's cover-up of Soviet assistance to Iraq throughout the fighting. Bush's "coalition" was not nearly as solid as he led the public to believe, yet he successfully fooled most of the world.

What the far right feared most about the war was its overtones of international cooperation through the U.N. This, they say, was a clear step toward the establishment of a permanent U.N. Security Force. One prediction made by far

right writers at the height of the war, which has not yet materialized, is world court action against Saddam. In his Intelligence Advisor newsletter, MacLeanny wrote volumes on the upcoming rise of a world court, something he believes will be the beginning of the end. If Sadam continues to deny U.N. observers access to his nuclear facilities, however, we may well see world court hearings.

Another interesting twist in the far right's abhorrence of the New World Order. Because of its fundamentalist Christian orientation, the far right is convinced that the world government will signal the beginning of the Armageddon prophecy described in Revelations.

The schism on the right exists between the industrialists, who see imploding economies in both the eastern and western blocs and are struggling to maintain their economic status and superiority, and the military industrial complex (the far right), who will be largely put out of business if the New World Order comes to fruition (military might will be reserved for the U.N security force and arms sales to the individual nations will be strictly frowned upon.)

To see the value in the far right's perspective, it is first necessary not to consider the source. Once one strips away the fundamentalist Christian, anti-Communist rethoric from the information, certain truths surface. One is that the far right has much better access to intelligence than the progressive movement. They are a lot closer to the powers that be than we are. And, if one takes the information on its face, ignoring the political orientation in which it is couched, it becomes possible to see the scenario they claim is developing.

The New World Order will not be about world peace, according to the far right view. It will be about maintaining economic status for the ultra-rich. Following the far right's line of thought, things like the decline of the American middle class, the continued erosion of civil liberties in America, the devolution of the democratic process here and the redefinition of it abroad, appear to fit into a deliberate program. The New World Order, if it is to be successful, must include a homogeneous economic and social status for the vast majority of the world's population. One could argue that we are heading in that direction.

Signs To Watch For

If the arch-conservative pundits are accurate, we can certainly expect to see more government interference in our lives here in the U.S. Court rulings will continue to erode personal liberty and our democratic process will continue to offer fewer and fewer choices. Reform, both economic and political, in the eastern bloc will continue until our way of life and that of the communist bloc meet half way. They will be told that democracy has been achieved, but like our own, it will offer no real choices.

As the Super Powers reshape, it is likely that the U.N. will begin making overtures toward the Third World and their economic conditions will be slightly upgraded - at least enough to bring their populations up to consumer status. This

will be sold as a great humanitarian effort, and in the short term, it will be. In the Third World too, watered-down democracy will emerge.

Shortly after Bush is re-elected, the U.N. will again put on a demonstration of military unity. If the right wing pundits are on target, I would expect that this time, it will be a Soviet-led, American- and Japanese-financed attack against Israel - "the biggest obstacle to peace in the Middle East" according to George Bush and James Baker. The negative propaganda has already begun.

Our oil rich coalition partners in the Gulf War would have much to gain in the New World Order. Their financial position in the world will be every bit as protected as the financial positions of the Rothchilds, the Gettys and the Rockefellers. It was not, after all, the people of Kuwait we rescued in the Gulf War, but the wealthy Al Saba family that rules Kuwait.

How Should Progressives Respond?

Assuming that the far right analysis is correct, coming events will pose an interesting problem for the progressive movement. Most progressives believe that something should be done about Israel and a U.N. move to do something would likely be considered welcome by many. Also, if the U.S. sat on the sidelines, as the Soviets seemed to do against Iraq, there would be little for the American peace community to get worked up about.

Additionally, if Mikhail Gorbachev is a co-partner with Bush in the forwarding of the New World Order agenda, as the far right claims, many progressives will be in a real quandary. Gorbachev has attained near-hero status among many progressives.

As progressive activists, we dislike the New World Order because it is Bush's vision and because it would seem to set the U.S. military up as World Cop. We know that Bush does not have our best interests at heart and that he marches to a multi-national corporate drummer. Therefore, we distrust his New World Order.

I, for one, was surprised to find out that the far right dislikes the idea as much as I do, and I find their conspiracy theory interesting and, at least, semi-plausible. If Bush's agenda was purely an American (or even western capitalist) power grab, I believe the far right would love it. That they do not causes me to wonder.

So, how do we respond, especially if Bush's agenda, for which we have gut level distrust, appears to satisfy our desires to see greater economic justice in the Third World, action against the Israeli problem, peace with the Eastern bloc and the like. It seems reasonable that we should continue our work for economic environmental and social justice at home, and not allow ourselves to fall into a false sense of security. Personally, until I see movement from Bush and his minions in those areas, I will keep the far right's theory in mind.

Pacifying the Peacemakers

The Teachings of Thich Nhat Hanh

by Wendi Kallins

A bell rings, deep and resonant. Its declaration of silence brings everybody to attention. Over 1100 people settle in and begin to slowly breathe in and out, paying attention to each breath. It is a balmy,morning at the Spirit Rock Retreat Center in the San Geronimo Valley. The wind is gently brushing the grass on th hillsides, like the ruffled fur of a contented cat. Seated on a platform, eyes closed, hands clasped in his lap is a small man, his smoothly polished face denying his sixty-five years. He looks almost stern, so solid is his focused concentration. Then he lifts his head and gazes at the faces turned toward him. A soft smile forms, eyes twinkling. He says nothing, just sitting and smiling while the crowd waits expectantly. They have come from all corners of the San Francisco Bay Area to hear Thich Nhat Hanh - Vietnamese Buddhist monk, teacher, poet and social activist - hoping for some answers, a way to bring peace to our troubled world.

photo by Dwight Smackelford

If you are used to the fiery rhetoric of Michael Parenti or the quiet intellectualism of Noam Chomsky, Thich Nhat Hahn might seem tame, crudely simplistic by comparison. Yet, although his ideas are couched in simple phrases, the actual practice is complex, challenging. He speaks in poetry instructing his students to seek peace within, to move through anger, and to stay healthy and happy. They must do this, he says, at the same time that they are confronting injustice and alleviating suffering. For Thich Nhat Hahn, or Thay, as he is affectionately called (pronounced "tie"), creating peace and justice in the world is more than an idea to be realized sometime in the future, it is a way of life that begins today. He calls it "Engaged Buddhism."

"Mindfulness must be engaged," says the gentle monk speaking in a soft staccato voice. "Once there is seeing, there must be acting. Otherwise, what is the use of seeing?" Thay's teachings act as a bridge between the inner world of quiet contemplation and the outer world of political activism. As humorist Wes "Scoop" Nisker puts it, "He activates the pacifists and pacifies the activists."

The sell-out crowds at lectures and retreats led by Thich Nhat Hahn are a mixture of long-time meditators and hard-nosed activists - the meditators taking their first furtive steps into involvement and the activists looking for relief from the burden of ongoing struggle. For both, the teaching is the same: live in each moment awake and conscious of both the pain and the joy of the world. Alleviate the suffering, teaches Thay, but focus your attention on the joy. Opening your heart to happiness gives you the strength to face the suffering.

Embracing this philosophy, Thich Nhat Hahn founded the order of Interbeing, or Tiep Hien, in 1964 as a response to the escalating hostilities that existed in Vietnam. The Tiep Hien Order was embodied in the School of Youth for Social Service which dispatched monks, nuns and students into the countryside to provide education and services to the villages ravished by war. They refused to take sides in the conflict and were branded as traitors by both sides. Many of their numbers were arrested and killed.

"Living in the middle of a conflict is very dangerous," says Nhat Hahn. "Each side expects you to take sides. Every side suspects you as being with the other side. If you take sides at least you are protected by that side. If you don't you are exposed to the danger of being suppressed by both sides."

Thay's followers regarded both sides of the conflict as dogmatic, clinging fanatically to their own views and ignoring the real suffering of the people caught in between. The Tiep Hien precepts - vows repeated weekly by members of the order - reject the notion that there is one Way to the Truth and instead counsel openness. "Do not be idolatrous about or bound to any doctrine, theory, or ideology, even Buddhist ones," it reads. "All systems of thought are guiding means; they are not absolute truth."

Thay, speaking of the Buddha's teaching, writes: "To embrace a view and consider it as absolute truth is equivalent to ending one's own process of inquiry and enlightenment. Clinging fanatically to a doctrine not only blocks the way of learning, but also can create bloody conflicts [as in Vietnam]."

It was this openness of the young monks and nuns, their refusal to indoctrinate nor be indoctrinated that won them the trust and respect of the Vietnamese people. They worked closely with the villagers giving, not only material aid, but inspiration, "like a lotus flower," writes Thay, "arising from a sea of fire."

The government considered their actions dangerous and Thay himself was banished from his country in 1967 after he toured the United States pleading for a cease-fire. That same year he was nominated for the Noble Peace Prize by Dr. Martin Luther King. He is still an exile, barred by the current Communist government which continues to persecute and jail his followers.

Thich Nhat Hahn continues to aid his fellow countrymen in exile providing a haven at his retreat at Lotus Village in France, traveling to Vietnamese refugee communities around the world, and, along with his associate Sister Phuong, raising money to aid those imprisoned back home.

In 1977 he attempted the rescue of hundreds of boat people in a daring plot to smuggle them out of Southeast Asia and publicize their plight to the world. He was thwarted by a leak to the press which brought the Malaysian police down on them. The refugees were herded into camps and Thich Nhat Hahn and his associates were expelled from the country.

Throughout these ordeals and setbacks, Thich Nhat Hahn has maintained a calm and a joyfulness that most would find confounding. It is not as though he does not experience anger. At a recent retreat he showed visible anger when speaking of the Persian Gulf War. It was clear that his patience grew thin when confronted with the modern day version of a similar war that he lived through in the not too distant past. Many times during his days in Vietnam he would watch his soul shake with anger while standing over a village in rubble that only recently had been rebuilt. Yet he also knew how to calm that anger. "You need an effective way to deal with anger before you can help other people. While you are angry, you are not lucid."

Recently, in San Francisco, a group of Tibetan monks were creating a mandala in sand at the Asian Museum of Art. A deranged woman broke through the barriers and scattered the painting to the horror of all the onlookers. The monks retained their calm demeanor, patiently throwing the destroyed painting into the sea and beginning anew. Their practiced discipline enabled the monks to endure the pain of the loss without losing their compassion. Thus they were able to continue their work unburdened by the grief of despair.

"Anger is an energy," says Nhat Hahn. "Becoming angry at your anger only doubles it and makes you suffer more. If you leave it alone, it will be destructive." Instead he counsels breathing through the anger. "We must preserve and transform this energy.

"According to the Buddhist teaching, there are flowers and there is garbage in us...An organic gardener does not discriminate against garbage because she knows she has the capacity of transforming the garbage back into a flower." Suffering and joy have the same roots, teaches Nhat Hahn. Therefore, through the practice of mindfulness, one can transform anger into compassionate action, just as garbage can be composted and fed to the flowers.

Speaking in Washington, D.C. last year before the war, he counseled, "The world's leaders must learn to talk with each other as human beings, even those who are so-called 'enemies.' Presidents Bush and Hussein both seem to believe that politics and military posturing are the only ways to solve problems. I don't believe so. We have to look deeply and find other ways and we have to communicate them among ourselves and to the people who are making these decisions."

In the same vein, he looks at peace organizations and sees they need to learn more of peace within. "[Peace groups] agree completely with each other as far as the analysis of the situation is

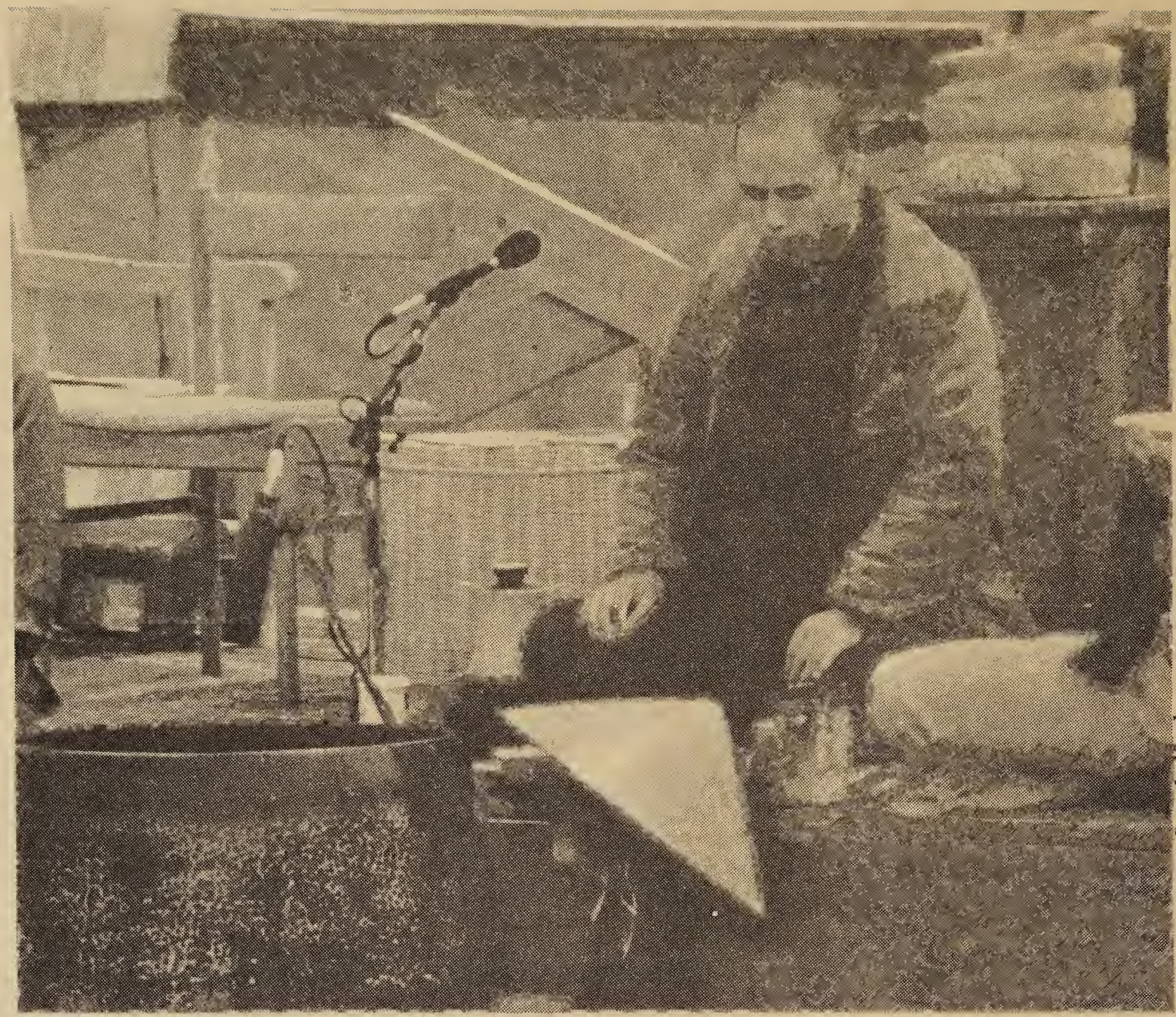


photo by Dwight Smackelford

concerned. But because they have not learned much about living together in peace, they don't try to make peace in their organization and in their daily life. That is why, even if they have a lot of energy and a lot of brain power they cannot last long."

The core of Thay's teachings is the practice of mindfulness in everyday life. Mindfulness is staying conscious - fully awake in the present moment - at all times. "Going back to the present moment you can encounter your heritage: life. Everything wonderful is there in the present moment. You have to be able to touch this. And the way you do it is breathing in and out and suddenly, every second of your daily life becomes a jewel, containing sky and earth, and river and mountain, because you are back in the present moment. You have life. And therefore you have everything..."

"If we are to avoid the next war, we must begin today," he told the Washington crowd. "If we don't have enough peace and calm and loving kindness within us we will get lost and be overwhelmed when the the war comes again. And we will feel helpless again. The only way to peace is to transform our collective consciousness made with our individual consciousness."

What we eat, what we buy, our work, our homes, all contribute to the sickness of the planet, says Nhat Hahn. Even what we ingest into our consciousness must be done mindfully. He urges people not to watch the carnage of violence that permeates the media because it only feeds the seeds of war within us. Instead of focusing on what is wrong, he urges activists to pay attention to what is right. "During the [Vietnam] war, we were so busy helping the wounded that we sometimes forgot to smell the flowers. We would forget to pay attention to the smells of mint,

coriander, thyme and sage. I would mention these herbs to the social workers and peace workers so they would be in touch with them."

"We don't have to travel far away to enjoy the blue sky. We don't have to leave our city or even our neighborhood to enjoy the eyes of a beautiful child. Even the air we breathe can be a source of joy...Peace and happiness are available in every moment. Peace is every step."

For those who have practiced the exercises of mindfulness, the experience cannot be translated into words. Roz Miller of San Geronimo attended a five day family retreat with Thay last spring. "It was a real teaching in letting go," she said. "His teachings are so simple. You just breathe in and out when you are feeling anger and the feeling is transformed. If you give yourself the space to really feel those feelings and allow it, it just happens. You can't explain it." Miller is a massage therapist and leads wilderness trips. "Before, I did these things for my own self-esteem. Now I do it for the sake of being of service and my work has become much better. I am attracting more clients than ever because I am coming from a much deeper place."

Nhat Hahn has given countless retreats throughout the world teaching refugees, activists, service providers and artists the art of mindfulness as a means of creating major transformation in the world. In an artist retreat four years ago in Ojai he invited the artists to take Buddhist teachings and present them in a Western form. Betsy Rose, a musician and activist, participated in that workshop.

"He didn't want Buddhism to be this costume that someone puts on," she said, referring to the tendency of Westerners to imitate Eastern culture. Instead he wanted the teachings to take on a Western face.

Rose found the retreat to be a turning point in her life. "A flood of music came out of me that was different than anything I'd written before." Through the sittings, walking, and talks Rose began to experience first-hand the concepts that Thay was imparting. She realized that constant struggle is not necessarily beneficial to the activist, nor to the cause.

"Many activists have lost their aliveness. We tend to do one-on-one combat with the forces of death. You become that which you combat," she said. Through Thay's exercises, she learned how to interact with those forces without being sucked in. This does not preclude speaking out against injustice. It simply changes how one speaks. "We need to name the illness and then we can present the medicine," she said. "But you don't want to make people demons...

"When I look back I can see there was a time when I was attracted to enemies. It was exciting to be able to blame men when I was a feminist. It translates the pain into something concrete. You need to know who is oppressing you; it is a step of empowerment. But I got stuck in being the outraged victim and men were the eternal oppressor. That kept me locked into a level of powerlessness where there is this big monolithic system out there that could take my life away...

"What Thay is asking us to do is really hard. Most people would rather spend 80 hours a week to get someone else to change than one hour changing themselves. We have to look at how the seeds of violence are fed in ourselves."

The key to this understanding is to recognize what Nhat Hahn calls the interbeing of all things. "If you are a poet, you will see clearly that there is a cloud floating in this sheet of paper," he writes in his recent book, *Peace is every Step*. "Without a cloud, there will be no rain; without rain, the trees cannot grow; and without trees, we cannot make paper. The cloud is essential for the paper to exist. So we can say that the cloud and the paper inter-are." When we experience the connectedness of all things a compassion grows within us. Suddenly the suffering of others is our own. We cannot separate ourselves from the people of Iraq, from the sea birds covered with oil, nor from the pilot dropping the bombs.

In his famous poem, *Call Me By My True Names*, Nhat Hanh recognizes that the oppressed and the oppressor are one:

Please Call Me by My True Names

Do not say that I'll depart tomorrow
because even today I still arrive.

Look deeply: I arrive in every second
to be a bud on a spring branch,
to be a tiny bird, with wings still fragile,
learning to sing in my new nest,
to be a caterpillar in the heart of a flower,
to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry,
in order to fear and to hope.
The rhythm of my heart is the birth and
death of all that are alive.

I am the mayfly metamorphosing on the surface of the river,
and I am the bird which, when spring comes, arrives in time
to eat the mayfly.

I am the frog swimming happily in the clear pond,
and I am also the grass-snake who, approaching in silence,
feeds itself on the frog.

I am the child in Uganda, all skin and bones,
my legs as thin as bamboo sticks,
and I am the arms merchant, selling deadly weapons to
Uganda.

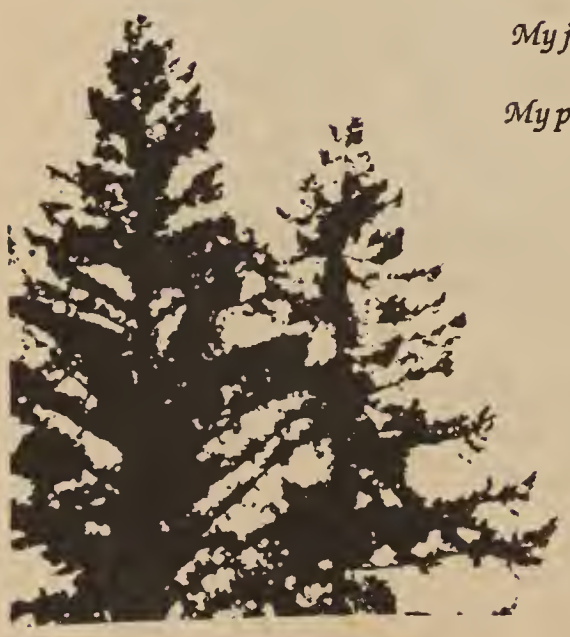
I am the twelve-year-old girl, refugee on a small boat,
who throws herself into the ocean after being raped by a sea
pirate,
and I am the pirate, my heart not yet capable of seeing and
loving.

I am a member of the politburo, with plenty of power in my
hand,
and I am the man who has to pay his 'debt of blood' to my
people,
dying slowly in a forced labor camp.

My joy is like spring, so warm it makes flowers bloom in all
walks of life.
My pain is like a river of tears, so full it fills the four oceans.

Please call my by my true names,
so I can hear all my cries and laughs at once,
so I can see that my joy and pain are one.

Please call me by my true names,
so I can wake up,
and so the door of my heart can be left open,
the door of compassion.



Thich Nhat Hanh

Nhat Hahn insists that if we open our hearts to the pain of the world, then our work becomes very clear to us. Like a mother caring for her child, we will do what it takes to make that child healthy and happy.

The awakening of the world to the ways of peace is imperative to Nhat Hahn. The poisons that we put in our environment are the same poisons that we put into our minds and our hearts. People are beginning to recognize that "although they themselves live in a safe situation, they realize that famine, disease, and oppression are destroying millions of people on Earth and they look for ways to help those who suffer...They know that the survival of the underdeveloped countries cannot be separated from the survival of the materially wealthy, technically advanced countries. Poverty and oppression bring war. In our times, every war involves all countries."

"...In Vietnam, when the situation became intolerable, you could leave by a small boat. But," he warns, "in the case of our planet becoming an intolerable place to live...where will we go?"

Thay believes that we must find a way to live together in harmony with the environment and with each other. The first step toward that end begins in the present, in our own hearts, in the way that we work together and in the way that we work for peace.

"If you are a social worker, if you are a psychotherapist, if you are out there to stem the waves of violence, of hatred, of destruction of our planet. Then you are a bodhisattva, someone who is awake and who is doing the work of awakening other people. And if you get angry at another bodhisattva, you set up countless obstacles in the cosmos. Therefore the practice of stopping is very important; the practice of calming is very important. Because the practice of stopping and calming will bring about understanding and loving kindness. When you smile to the world, the cosmos will smile back."

Quotes for this story were excerpted from the following sources:

Peace is Every Step by Thich Nhat Hanh; Banton Books, 191; New York, N.Y.

Interbeing - Commentaries on the Tiep Hien Precepts by Thich Nhat Hanh; Paralax Press, 1987; Berkeley, CA.

In the Footsteps of Gandhi by Catherine Ingram; Paralax Press, 1990, Berkeley, CA pp. 75-99.

"The Awakening Bell", video production directed by Gillian Coote, Australian T.V. 1987; published by Paralax Press.

"Seeding the Unconscious: New Views by Buddhism and Psychotherapy" by Thich Nhat Hanh with Anne Simpkinson; *Common Boundary* Volume 7 Issue 6, November/December 1989 pp 14-24,

"Walking Peace: A Day of Mindfulness with Thich Nhat Hanh" edited by Anne Simpkinson; *Common Boundary* Volume 9 Issue 2 March/april, 1991 pp 26-33.

"Being Peace with Thich Nhat Hanh" by Richard Leviton; *EastWest* Volume 20, Number 1 January 1990 pp56-62.

Speech in front of Vietnam Veterans Memorial, November 1990, Washington D.C.

Talk given at Berkeley Community Theater April 1, 1991.

Talk given at Spirit Rock, May 5, 1991.

National Wetlands Coalition

Oops - how did they get in here! With a name like that you would assume they were an environmental organization, but no, this organization has been formed by industry groups to eliminate or greatly reduce the regulation of their activities in wetlands. The EPA, Bush administration and the Army Corps of engineers are expected to revise Section 404 of the Clean Water Act in a way that will remove the protection from much of our dwindling wetlands. Let them know what you think: Write to William Reilly, Director, US Environmental Protection Agency, 401 M Street SW, Washington, DC 20460 and to Lt. Gen. H.J.Hatch, Dept. of the Army, HQ Army Corps of Engineers, Washington, DC 20314-1000

Forests Forever Gears up for New Assault

Forests Forever, the grassroots forestry activist organization which wrote and sponsored Prop 130 on last November's ballot is seeking input for a new ballot initiative for November '92. Following the inevitable breakdown of negotiations between large environmental groups and the timber industry, there are frenzied efforts among Sacramento politicians to dictate a legislative "compromise" in hopes of preventing another grassroots forestry measure from reaching the ballot. In the name of the "grassroots," a handful of individuals in Mendicino are promoting modest changes in the logging practices as a sufficient response to the destruction of ecosystems. Faced with cosmetic improvements rather than meaningful reform, the Forests Forever organizers from around the state are convinced it is time for local activists to develop a visionary environmental initiative.

This time, instead of a public buyout or a detailed set of forest practice rules, they are inclined to reform the intent language which sets the parameters for private forest management. They hope to persuade the public and the Board of Forestry to view forests as complex ecosystems of irreplaceable habitat in order to shift the subject of the fight from trees to preserving biodiversity. To get involved, or to submit your own ideas, contact Ken Smith, Area Coordinator, 459-3765.

Marin Interfaith Task Force Protects Human Rights Advocates

The Marin Interfaith Task Force (MITF) was founded in 1984 to address the ongoing tragedy in Central America. While the countries of Nicaragua, El Salvador, Guatemala and Honduras may have taken back stage in the news, the war, poverty and repression continues. MITF has made great progress in bringing real information back to the states. It sends volunteers to El Salvador to act as protective "shadows" for members of the Non- Governmental Human Rights commission to protect them from death squad activity.

A solidarity support has been created for the 4000 Central American refugees living in Marin and the Guatemala Project provides education on the massive human rights abuses in that country.

Speakers such as John Stockwell, Noam Chomsky, Philip Agee and Sara Nelson of the Christic Institute have been presented by MITF. Most importantly the task force provides specific relief and support to victims of natural and human disasters. For more information about MITF call 388-4820.

Marin Employment and Training Consortium

The Marin Employment and Training Consortium was founded by three agencies -- La Familia Center of Marin, the Canal Community Alliance, and the Center for Southeast Asian Refugee Resettlement - in order to provide assessment and referral career planning, resume writing, employment counseling, and other related services to residents

of Marin County, especially to refugees, minorities, disadvantaged populations, and others who have multiple barriers to employment.

The METC staff is multicultural and multilingual. METC is funded by Marin Community Foundation. For further information, contact METC, 2165 Francisco Blvd, Suite A-2, San Rafael 94901, 258-4720.

The Esteros Still in Danger

In the last issue we reported on Santa Rosa's plans to dump treated sewage effluent into the Estero de San Antonio and Estero Americano. The Santa Rosa City Council has still not reached a decision. The city has spent millions on this project, producing an EIR roundly criticized by the National Marine Sanctuary and a slew of other environmental groups and individuals. If the city certifies the EIR as adequate the Environmental Action Committee and the Friends of the Esteros have promised to bring suit.

To help save the Esteros, write to Santa Rosa City Council, P.O.Box 1678, Santa Rosa 95402, or send contributions to Friends of the Esteros/EAC Box 609, Point Reyes Station 94956.

Citizens for a Better Environment

Citizens for a Better Environment's (CBE) mission is to translate a democratic and ecological vision for California into tough, effective practices and policies. For them, the pollution solution is pollution prevention: stopping it at the source. A generation of attempts to control the problem after it's been produced has completely failed.

CBE uses legal, scientific and community organizing tools to achieve its objectives. In the North Bay, its current focus is on air and water toxic dangers. It is experimenting with an innovative use of Prop 65 - the Toxics Warning Initiative passed by California voters in 1986 - against a Sonoma County manufacturer who exposed 5,000 nearby residents to increased risk of cancer from perchloroethylene emissions. And are fighting the six major oil refineries along the North Bay coastline who are pushing the State Water Resources Control Board to permit them to dump tons of poisonous selenium into the Bay.

To join its 25,000 members, send in $25 for a one year membership to: Steve Katz, Citizens for a Better Environment, 501 Second Street, San Francisco CA 94107243-8373.

Citizens Against the Buck Center

Citizens Against the Buck Center (formerly Coalition for a Cruelty Free Marin) is a broad based coalition of concerned groups and individuals who oppose the Buck Center for Research on Aging. CABC's concerns include public health risks, taxpayer liabilities, non-compliance with Mrs Buck's will, CEQA (California Environmental Quality Act) circumvention, lack of direct services for the elderly and general improprieties. For more information call CABC at 925-1311

EIR Milestone! Statewide Pesticide Ban, Continued Spraying, Or...?

By Dave Brast, adapted from MOW newsletter

MOW!, the West Marin grassroots antitoxics organization, was founded in 1986 by Marshall resident Donna Sheehan. After several fruitless attempts to stop Caltrans' use of pesticides for roadside vegetation control in West Marin, MOW! finally succeeded through a well-publicized civil-disobedience action in 1987. MOW! followed this with a lawsuit, which so far has held Caltrans to a standstill.

In 1988, after pressure by MOW! and the Sierra Club Legal Defense Fund, Caltrans undertook a statewide EIR on the issue of pesticide spraying for vegetation control along state highways. After repeated delays, the draft EIR, originally promised for November of last year, is now due mid-June of this year. When the draft EIR comes out, the public will have 90 days to review it and point out shortcomings. MOW! will sponsor a letter-writing event during the review period to organize and focus the response. To be notified of the time and place, contact: Donna Sheehan at MOW!, P.O. Box 792, Marshall, CA 94940, 663-1287.

This Summer Outdoors

Marin, with its still relatively intact rural beauty, offers many possibilities for those wanting a breath of fresh air this summer. Below are some ideas and contact numbers. I encourage you to contact them for further information since it is impossible to give as many details as we would like here.

Sierra Club

The Sierra Club organizes hikes most weekends. Send $10 to Sierra Club Marin Group News, 222 Crest Rd, Novato 94945 for their newsletter, "Coastwalk".

Marine Mammal Center - Summer camp

The Marine Mammal Center (see *Options* Fall '90) has a series of summer camps available through July and August for 7- to 15-year-olds. Their experienced naturalist staff will lead the kids in exploring the marshes of Rodeo lagoon and unraveling the mysteries of seal behavior. Some of the camps include overnight campout with barbecue and night hike. Contact MMC, Sausalito 94965, 331-0161.

Slide Ranch

Slide Ranch offers Family Farm Days where kids can milk a cow, spin wool or collect eggs. Special projects may include baking bread, curdling cheese or harvesting mustard. There are evening programs, overnights and half-day programs for families with toddlers. For a schedule call 381-6155.

Coastwalk

For the eight year, Coastwalk is organizing hikes through the coastal counties of California. Hikers can sign up for one county or several, walking 3-6 days in each. Camping gear is shuttled from campsite to campsite and dinners are provided. For more details, contact Walt Creber, 57 Bridle Patch Lane, Novato, 898- 1975.

Blue Waters Ocean Kayak Tours

Fall and Winter are glorious times to explore the richness of our coastal and inland waterways by kayak. The weather is generally calm and thousands of migratory waterfowl are returning from their summer breeding grounds and are either passing through on their way south or stopping here to winter. The sea kayak, gliding quietly over the surface, is a great way to observe this. Blue Water Kayaks offers a variety of trips around the bay and coast, several sponsored by organizations such as the Richmond Bay Audubon Center. Call Kate McClain, 456-8956, for the schedule.

A New Look at Countywide Planning

by Wendi Kallins

Marin is at a pivotal point in its evolution. Restraints on transportation and water along with strict zoning have kept residential development at bay for the past two decades preserving the bulk of the land in its natural state. But the drought and major traffic congestion have caused a bulging effect and the push is on to open the gates.

Change is inevitable at this point. The only question is what kind of change. For even to do nothing, to halt all development, will result in change of community character. Marin needs to make choices.

To this end a number of agencies have intermingled on various committees and task forces to search out solutions and find common ground. The County Planning Department is currently updating its general plan, with the Countywide Planning Agency, made up of city and county representatives, watching over the process. A group of business representatives calling themselves the Marin Council, a coalition of building industry groups, business and housing advocates dubbed Marin Visions, Marin Conservation League along with the Sierra Club and Audubon Society, and the Marin chapter of AIA (American Institute of Architects) are all presenting position statements. Meanwhile the resurrected 101 Corridor Committee is trying to hammer out an electable transit tax.

While these are valiant efforts, most of these committees are playing politics, trying to second guess an increasingly hostile public while continuing to placate the powerful business interests of San Rafael and Novato.

In June, two reports emerged that were refreshingly innovative and radical in their approach. Marin Conservation League (MCL) brought forth a plan that, as expected, shuts down all new development on any open lands. But it also puts new emphasis on re-use of buildings in existing communities to resolve imbalances. The Marin chapter of American Institute of Architects has also put forward a proposal, and while that group has have viewed MCL's document with an air of skepticism, conceptually they are both saying the same thing: The built environment must be in harmony with both environmental and human needs.

MCL's document is far more radical and has drawn a great deal of fire. In essence, it has declared a whole new ball game by questioning the assumption that the course of county growth cannot be altered. It points to the Marin County Planning Department which, in its own review of planning alternatives, found that the most damning scenario for the county is to let things continue as they are. The status quo is a guarantee for disaster, not just for the environment, but

ultimately for social stability as well. It shows a county stuck in traffic, polluted, short on services and with an increasing disparity between rich and poor.

MCL challenges the county to change course. In essence, so does AIA. AIA argues that the current planning process has failed to set goals and thus is not steering in any direction. The goals offered by AIA - preserving the environment, providing for diversity, balancing the economy - fall in line very nicely with MCL's view of a community centered plan. While they may argue about new development, they are still both painting the same picture.

At the core of MCL's proposal is the ecological viewpoint which sees everything connected with everything else. "This approach," states MCL, "makes it imperative that planning be done in relationship to land, water, air, human activities, and other living species. Therefore, the report speaks to a range of planning issues - housing, the economy, transportation, community facilities - because these elements are interconnected and affect the environment."

Predictably, MCL proposes blanket protection of remaining open lands in Northeast Marin, preserving all agriculture - not just West Marin - and establishing a Bayfront Resource Corridor. In effect it eliminates all large development.

Here, AIA strongly differs, proposing Urban Villages - a euphemism for pedestrian pockets - on open lands. These would be mixed use, clustered development with an emphasis on affordable housing. Yet AIA also calls for bayfront protection as well as preservation of agriculture. And it calls for distinct community separators, another goal of MCL's.

AIA also differs from MCL in that it accepts the basic economic tenet that growth is a given. MCL questions whether continued growth for the sake of economic health isn't ultimately counterproductive:

"Economic and environmental health are mutually dependent," says MCL. "We cannot have economic health in a deteriorating or threatened environment."

This statement is right in step with emerging progressive thinking that economic theory must take environmental concerns into account. In *State of the World*, the Worldwatch Institute Report on Progress Toward a Sustainable Society, Worldwatch president Lester Brown explores the inherent conflict between these two divergent views. "Economists interpret and analyze trends in terms of savings, investment and growth," writes Brown. "They are guided largely by economic theory and indicators, seeing the future more or less as an extrapolation of the recent past."

"In contrast," he continues, "ecologists study the relationship of living things with each other and their environments...For them, all growth processes are limited, confined within the natural parameters of the earth's ecosystem." Economists, says Brown, rarely mention these restraints in their analysis. Environmentalists respond with a stern warning: "The ecological view," says Brown, "holds that continuing the single-minded pursuit of growth will eventually lead to economic collapse."

Perhaps as explosive as the open space element of MCL's plan is the proposal to significantly reduce the amount of commercial development that is proposed and to ban any more shopping malls. It has become obvious that commercial development, especially retail, does not necessarily create a boost to the economy. Often it simply drains an existing economy into a few hands. Furthermore, it is the primary cause of traffic congestion in Marin where population growth has remained stable while the job market has soared. The bulk of these new wage-earners in low paying jobs are commuting from Sonoma and other points outside of Marin. To deter the construction of malls for fiscal reasons, MCL proposes countywide revenue sharing to eliminate competition for retail sales tax dollars. It further calls for any commercial development to cater to the employment needs of current residents.

AIA makes little mention of these trends in its analysis but it does share MCL's proposal to rezone major shopping centers to create housing and mixed use neighborhoods. It also calls for new commercial development to be specific to the existing needs. It further proposes reducing commercial land along the freeway.

The housing element of the MCL report is not as strong as the environmental controls but, for a conservation group, it makes great strides. MCL contends that even if all large development were allowed, the housing problem would not be solved. "It is evident," says the report, "that it will not be possible to build our way out of the housing problem." Instead it suggests preserving existing housing through subsidies, land trusts and creative infill.

MCL essentially takes the pedestrian pocket concept and suggests reconfiguring the existing towns to meet those goals. While planning department figures don't add much housing through infill, MCL proposes mechanisms to increase infill opportunities. In addition to increased densities in existing town centers, MCL encourages re-use of present housing stock in ways that produce affordability such as community land trusts, co-housing and second units. It further proposes conversion of portions of shopping malls and non-residential development to residential use.

This is exactly what AIA proposes: "Encourage mixed use redevelopment within existing City Centers served by transit and interconnected street systems through incentive zoning."

MCL has been challenged by AIA to put up or shut up on the housing issues. Tom Lollini of Marin AIA told the *Pacific Sun* that there would need to be a density of 30 to 40 units to the acre for such a proposal to work. Those kinds of densities may not fly well with MCL's rank and file.

The weakest link in MCL's proposal is the absence of any concrete transportation initiatives, a glaring omission considering its importance in any plan based on pockets of development connected by transit. It seems that traffic is one of those things like the weather. Everyone complains about it but nobody wants to do anything about it. MCL is no different. It continues on the assumption that we will never get people out of their cars. While MCL recognizes the

needs to change land use patterns to discourage auto use, it is a meek concession.

AIA is more forthright in creating the goals of reducing single occupancy vehicles, promoting non-auto transportation and putting the highest priority on transit expenditures. It also proposes a physical environment conducive to alternative transportation modes.

A community-centered plan will never be effective without a radical change in attitude about traffic and its causes. A recent poll taken in the Bay Area discovered the vast majority of people in favor of a better public transit system. That same vast majority seemed to want it for someone else because most admitted they would not be among the passengers. Until the average citizen understands that the traffic problem is caused by the average citizen, we will never solve our transportation problems. This is one instance where elected officials must be less servants of the people's blind will and more effective leaders and educators. Rethinking our relationship to the automobile is at the heart of any ecologically sound plan. It is not other people that have to get out of their cars. It is us.

We have created a world in which no one can survive well without an automobile. We have to change that if we expect people to choose alternatives. Marcia Lowe's insightful essay, "Rethinking Urban Transport," in Worldwatch's *State of the World*, insists that a workable public transit system is vital to changing our relationship to the auto.

"Public transport plays a central role in any efficient urban transport system," she writes. MCL shied away from public disincentives for auto use, and offered no proposal for a comprehensive intra-county transit system. It falls into the same trap that the 101 Corridor Committee and the other countywide agencies have suffered. Everyone is talking about improving the commute from Sonoma and no one is recognizing that existing residents are served by an inefficient, inconvenient system that only the truly desperate would use.

Transportation planners will say it is impossible to plan transit for low density suburbia ignoring the historic precedent. Marin originated as small communities built along rail lines. A comprehensive system is viable but unfortunately the voters keep refusing to pay for it. Without a decent public transit system, whether it be rail or buses, a community-centered alternative is unworkable. Human-scale communities are not possible as long as the auto rules.

We have to build cities for people, not for cars, says Lowe. "The most effective way to make cities safer and more convenient for nonmotorized transport is to keep motor traffic from commandeering urban space." Imagine what it would be like to be able to take a walk down your own street without the noise, exhaust and intimidation of cars.

Many European cities use active restrictions on cars to make some streets safe for slower traffic, according to Lowe. They are known as "traffic calming," and have been used successfully in Holland, West Germany, Italy, Japan, Sweden and Switzerland. The Dutch have changed the layout of the residential

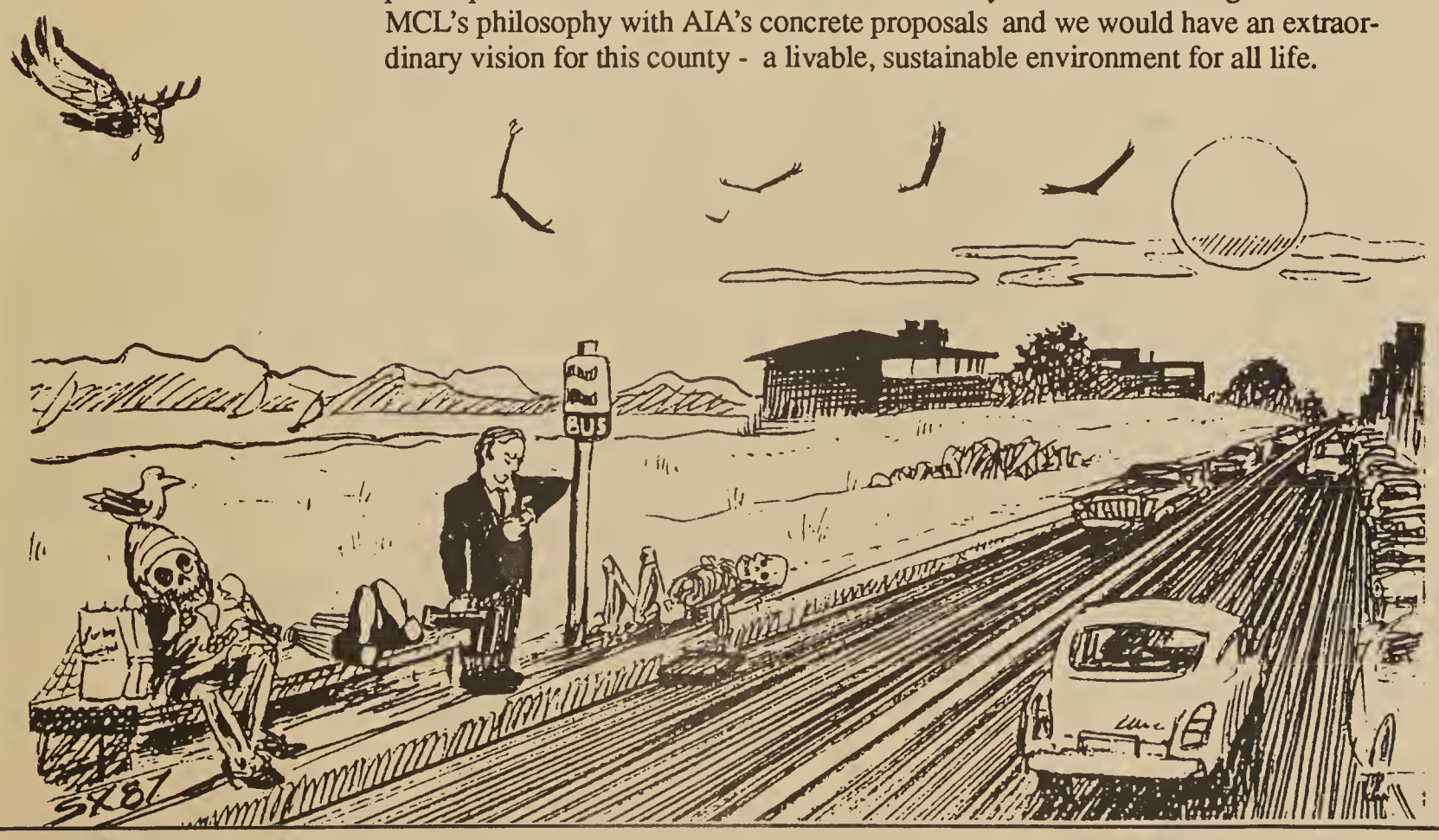
streets where cars must navigate slowly around carefully placed trees and other landscaping. They call these streets *woonerf*, or "living yard." In West Germany this technique is so popular that it is now spreading over whole cities. People, in essence, are taking back the streets.

"The issue," says Lowe, "is not whether to reject or accept growth, but how to use it to reduce dependence on cars and make communities more livable." From an ecological viewpoint, how we move from place to place is an essential component of a healthy ecosystem.

Despite its flaws, MCL has put forward a bold and far-thinking document. It has challenged Marin to shift its viewpoint away from the notion that we can grow out of our problems and offers instead the idea of creating a sustainable development pattern. AIA is not far away. If you take away the issue of development on vacant lands, you essentially have the same vision.

To bring this vision to the forefront of the public process will be an uphill battle. Convincing the powers that be to abandon their quest for continued growth will require major political maneuvering. The legal and political challenges alone will come fast and furious. Meanwhile a frightened and distrustful populous will jump at the temptation to simply save the open space and ignore the resolution of social problems. The idea of infill right in their own neighborhoods is much more likely to raise hackles than new development along the highway.

This holistic approach cannot survive without broad popular support. Rather than selling its proposal to the public, MCL should be gathering input from other environmental and progressive organizations to plug the holes and address a broader range of issues. This would require a willingness to bend in order to work toward a common agenda. Thus far, MCL has not done well in working together with groups with differing views. The county plan needs a public process to address a cross-section of countywide needs. Put together MCL's philosophy with AIA's concrete proposals and we would have an extraordinary vision for this county - a livable, sustainable environment for all life.



Communities Can Talk About Their Police Departments

by Lew Tremaine

It's no secret that Americans don't have the civil liberties they had 10 years ago. The U.S. Supreme Court, at practically each sitting, assaults our rights to privacy, individualism and due process, while handing increased latitude to law enforcement agencies.

For good or ill, America's "crack down" mentality is being felt in every community. Like anyone else, law enforcement officers will take whatever latitude is given them. Why not? Their jobs are being made much easier. But, with the increased latitude, there is also increased opportunity for abuse. Just as some people will take undue advantage of increased liberty, some police officers will take advantage of increased latitude. And in most communities, the only people policing the police are themselves.

Contrary to popular belief, Americans do not have to take the court's assault on liberty sitting down. Although it will take years to reverse the current body of anti-civil liberties law being laid down, there is a way to lessen the impact of these laws and rulings at the community level. It all begins with the degree and quality of direction a community gives to its local police department.

In Fairfax, we have begun a process to affect police department policy. We are holding monthly, public meetings with a council subcommittee to look at perceived problems within the department, department policy and priorities, and the need, or lack thereof, for a citizen's board of review. The discussions, to this point, have included both supporters and critics of the department, as well as officers themselves.

There is no magic to this accomplishment. All it took was a group of concerned citizens who were willing to do some political organizing and who were not afraid to voice their concerns in public. It was also helpful to have a town council and a police chief who were not afraid to discuss law enforcement openly.

Fairfax's Experience

The process began in March, when peace activists Jane Farrari and Sandy sHARTSER met with Police Chief Walt Potter and Town Administrator Charles Cate to talk about criticisms and complaints they had been hearing about the department. As a result of this meeting, the issue was agendized for the Fairfax Council's April meeting. Following the council's discussion, a "Town Meeting" was called for the expressed purpose of discussing the police department. The council approved $600 in overtime cost so that every member of the department could attend and on April 19, town residents packed the Fairfax Women's Club for what turned out to be a very candid discussion, moderated by two representatives from Marin Mediation Services.

Prior to the council meeting and after the town meeting was set, a group of about 10 residents began meeting to discuss goals for the discussions, to share information and to plan the community organizing effort that would be needed to make the process most effective. The group decided to call itself Neighbors for a Friendly Fairfax. Once the April 19 date was set, fliers were printed and word about the town meeting was spread.

The town meeting itself featured an equal measure of bouquets and brickbats. Among the concerns most expressed were routine I.D. checks, the routine detention of residents who walk home from the downtown bars and the perception that many officers in the department held an adversarial view toward residents of and visitors to the community. It was suggested that an effort was underway to "clean-up" Fairfax, as had been done in Sausalito and Mill Valley during the '70s. A number of people spoke in support of the department, including county Human Rights Commissioner Richard Sloan, whose strong endorsement of the department and Chief Potter came as quite a surprise to those who had organized the meeting.

At one point during the meeting, Chief Potter introduced all of the members of the force (all but one of whom attended, in uniform and seated throughout the audience). The introductions served as an interesting community report card on each officer, based on the level of applause each received.

Out of the town meeting emerged a proposal from ACLU activist Bill Luft that the town establish a citizen's board of review to hear complaints against the department or individual officers. That proposal, along with a suggestion that the town establish a commission to advise the council on all public safety matters, was discussed at the May meeting of the Fairfax Council. Also during that meeting, additional complaints were voiced about the department and a complaint was lodged by Farrari that some of the written comments collected during the April 19 hearing were not included in the official record put together by Mediation Services.

Although only one councilmember, Frank Egger, endorsed the idea of a review board (specifically, he favored the Public Safety Commission idea), the council was unable to ignore the considerable concern that had been voiced about the department. Thus, it was unanimously decided that a council subcommittee, comprised of Mayor David Clark and Egger, should meet with community representatives and separately with the police chief, to explore the idea of a review board.

Egger and Clark later decided that another public meeting should be held, rather than private meetings. This meeting, held on June 11, drew about 50 people, including three sergeants from the police department. At first, the presence of officers and the decision to change the council's original meeting format was met with skepticism by NFF members, who had organized for the meeting based on an understanding that complaints could be voiced without the intimidating presence of police officers. A number of community leaders, including former mayor Gloria Duncan, former county supervisor Pete Arrigoni and business leader Larry McFadden, also attended the meeting, to argue against the review board/commission proposal.

The meeting started badly. Each complaint was met with counter arguments by the sergeants present and nearly every statement favoring the proposal was challenged by either Arrigoni, McFadden or Duncan, if not all three. The first hour was, quite literally, an argument. But, eventually, the rethoric subsided and

those on both sides of the issue relaxed. A dialogue evolved. Conciliation replaced rancor.

Finally, acknowledging the emerging dialogue and in an effort to cool desires for a review board, Mayor Clark vowed that he and Egger would host a meeting every month for as long as necessary to work out whatever problems exist between the police department and the community.

A Model is Born

Open discussion about the police department has been characterized in the press and elsewhere as an "Only In Fairfax" situation, but that is not entirely accurate. While Fairfax was more willing to engage in such a process than many communities might be, any community could follow Fairfax's lead, so long as there is enough concern present and demonstrable.

The climate is right for such discussions now, in light of local abuses coming being publicized locally, in San Rafael and Novato and, of course, in light of the national attention given the video-taped beating of Rodney King in Los Angeles. It is easier now to organize around police issues and it is more likely that local officials will bend to a strong show of concern. This climate, like any in this fickle American society, will ultimately fade and the opportunity to discuss police issues at the community level should be seized sooner than later.

Also, any attempt to begin a process like the one in Fairfax should be presented in very rational terms. It is important to include as many community leaders as possible in the initial discussion and, as was done in Fairfax, the police chief should be brought on board early in the process. If he fails to cooperate, he will only look bad as the process unfolds. (It won't hurt to bring this to his attention.)

A concerted community organizing effort is essential. The more people who express concern, the more difficult it will be for local officials to ignore the issue. If there is resistance to putting the item on a public agenda for discussion, take advantage of the "Open Time" section of the agenda and bring a lot of support. Everyone who supports a community discussion of the police should be encouraged to attend the meeting and speak during open time.

The more communities that engage in this process, the greater the publicity and awareness will become. We hire police officers to protect our communities. We hire them, through our elected officials, and it is necessary that we provide input on policy and priorities. That sort of direction has to come from local communities, not from Washington.

Activist Profile

Alan Barnett Finds New Work in Retirement

by Lew Tremaine

photo by Lew Tremaine

When Alan Barnett took an early retirement from his post as a professor of humanities at San Jose State University last year, he figured he'd finally have lots of time to work on his second book. An avid collector and student of political art, Barnett's goal has been to write and publish a book on the various forms of political artistic expression throughout the American continents - "a thousand pages, at least," he says.

Work on the book, a follow-up to his 1984 publication on political murals in the United States, has not gone as quickly as expected. Barnett, it turned out, had not factored in the toll that the Gulf War and the new Marin County Jail proposal would take on his newfound "free" time.

Despite the distraction of politics, in which he has been active since the late '60s, it is unlikely he will forget about the book. He need only go home to his Mill Valley house to be inspired. There, he finds constant reminders - works by some of the most famous political poster and mural artists from throughout the Americas are carefully displayed on nearly every inch of available wall space and he possesses a literal library of books on the subject. The Barnett home, nestled in the trees, with vast wooden decks and Mt. Tam view, is a well kept shrine to American political art.

It is in his home office where the book and the distractions meet. Above his desk, and on the surrounding walls, hangs a graphic and pictorial record of HIS25 years as a peace and social justice activist. Posters of events he has organized, photographs of himself, his wife Ruth and their family, part of his vast art collection and rows of books create the working environment. On his desk - scattered around his computer and printer - paperwork, reports, agendas and the like, create the barrier between Barnett and his retirement project.

During a recent interview among these surroundings, Alan talked about his current projects (literary and political) and his years of work as an activist. Though he does not cut an imposing figure, with his small build, friendly, inviting smile and white hair, Barnett has, over the years, made a notable and regular impact on the local political landscape. And, perhaps, never more of an impact than his current efforts to make the county change its plans for a big new jail at the Civic Center.

For four years, along with co-conspirators Virginia Davis and Bob Griswold, Barnett has headed Marin Advocates for Justice, a group that seeks to forward alternatives to incarceration for non-violent criminals. The group teamed up with Marin United Taxpayers Association in 1988 to crush a proposed tax for the new jail and has since acted as a major obstacle to the approval of the 300 bed plan.

This past spring, Barnett and company took the county to court, where they won an order by Judge Beverly Savit forcing the county to explore, in detail, current and possible future alternatives to incarceration. At the time of his interview with *Options*, in late June, Barnett had received a copy of the alternatives report. "It is both a revelation and a white wash," he explained, noting that it proved the county's inability to either assess current alternative programs or to plan for new ones.

"Two thirds of the report is padding," he said. "All of which is intended to hide the fact that the county can't comply with Judge Savit's order. Now we have to negotiate with the county on seriously reducing the size of the proposed jail. If they won't negotiate seriously, we'll take them back before Judge Savit. She has already stated that she agrees with the need for a big jail, so we would

rather not do that. But if she rules against us, we'll appeal it. That will cost the county more time, and I don't think they want that, so we hope they'll negotiate."

According to Barnett, the initial negotiations have been promising. In a meeting Between Barnett, Griswold and representatives from the Sheriff's Department, The District Attorney's Office, the Public Defender's Office and the County, it was admitted that county officials do not track a number of statistics that that would help them comply with Savit's order. "They really have no idea what size jail they need. Three hundred beds is an arbitrary figure. We hope to convince them to build a smaller, less expensive and expandable jail, on a site that will allow for expansion. Then, they can get their act together and figure out exactly what they need."

"Now what we need is press coverage. They have been exposed and they have to feel that the public knows about it," Barnett continued.

The jail is only one of Barnett's projects, however. He is also among the leaders in a newly formed group called People's Agenda of Southern Marin. This group, an evolution of the Mill Valley Peace Group, which rallied to oppose the Gulf War, is in the process of drafting a mission statement which addresses world, peace, world economics, taxes, unemployment, health and privacy, banking, public education, racism, and criminal justice. Barnett authored the six-page first draft.

He was one of the organizers of Mill Valley's response to the Gulf War - as he had been in 1967 against the Vietnam War. He worked to reinstitute the Mill Valley Forum, which arose from the anti-war movement of the '60s and easily came together for the Gulf War. The Forum now, as in the past, allows people in Southern Marin to get together and discuss pressing problems of the day. It will serve the purposes of People's Agenda well.

One difference between Mill Valley's opposition to the Gulf War and its opposition to the Vietnam War, was the Peace Group's ability to get a resolution decrying the war passed by the Mill Valley City Council. Twenty-five years ago, the council passed two such resolutions. This past year, despite 1400 signatures, collected in 10 days, the Mill Valley Council rejected that resolution. Barnett blames the council's inaction on Councilmember Dick Spotswood, who is running for Congress. "All of the councilmembers, except Warren Levinson, had already supported his candidacy," Alan explained, "so they wouldn't go against him on the resolution."

As if People's Agenda and Marin Advocates for Justice were not enough for one man's plate, Barnett is also a leader in Marin Action, a political think tank that is addressing county-wide issues and acting as a resource for local progressive politicians. Through Marin Action, he is helping organize a county-wide meeting of progressive organizations scheduled for this November. The meeting will be intended to create more unity and coordination among Marin's many progressive groups. The keynote speaker for the event will be Texas political maverick Jim Hightower.

So, how is this man going to find time to pull together a thousand-plus page book on political art? Likely, it will be the same way he found time to write the first one, teach humanities and travel across the U.S. Canada and Latin America researching political art, prior to his retirement.

"Our social life has pretty much revolved around politics," Alan and Ruth agreed. "We're either going to meetings or protests or pot-lucks. It's what we do in our spare time."

The Barnetts' political involvement started in the late '60s. They were active in the University of California at San Francisco strikes to open enrollment to minority and Third World students and, of course, against the war.

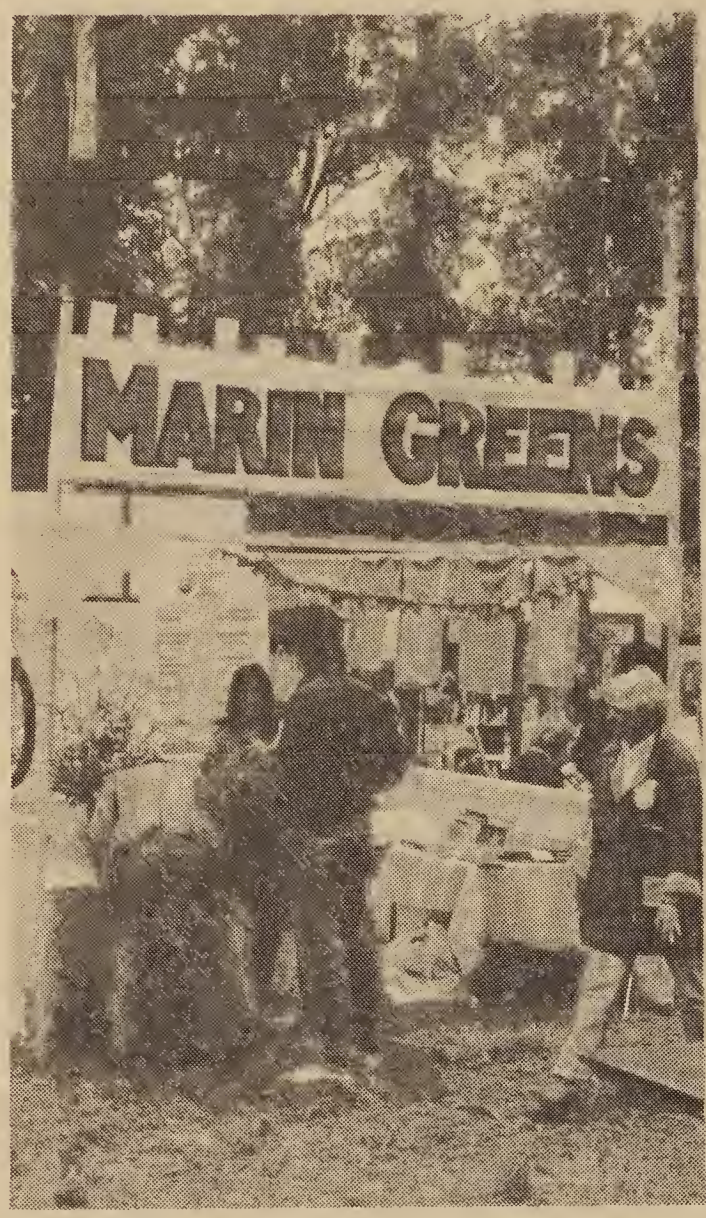
In 1967, Alan helped organize a revolt against the 10 percent telephone tax that the federal government levied to help pay for the Vietnam war. People from all over the country withheld the tax from their phone bills and sent the money to Barnett and his co-horts. Before the revolt was ruled illegal, more than $70,000 had been collected. The money was ultimately turned over to the Quakers to support their peace work.

It was Ruth's arrest in 1966 that got the Barnetts active in criminal justice issues. She had been attending a rally in support of the U.C. San Francisco strike in January of '67 and was arrested. The treatment of people during the arrests, and in jails prompted Alan and Ruth to become active in the Committee for Prisoner Justice. Ruth volunteered for the organization for many years and her frequent trips to visit San Quentin inmates prompted the nick-name "Death Row Ruth".

In 1984, when Stephen Bingham turned himself in to face charges that he smuggled in the gun used in the infamous the 1970 San Quentin Six shooting, Alan and Ruth were leaders in his defense fund organization. It was that organization that spawned Marin Advocates for Justice.

One clear pattern in Alan Barnett's years of activism is the evolution of projects into new ones. Past efforts come back around to present new causes and opportunities. This bodes well for his second book, even if he is busier now than he was before he retired from teaching. As Ruth dryly puts it, "He'll finish it all right, if he lives long enough."

Marin Activists Nurture Green Movement



by Amity Hotchkiss

When Options assigned me this story, I hadn't yet embraced the Green life. Sure, I grow organic vegetables and lead a healthy life away from the smog of cities. Sure, I was disillusioned with political inefficiency, environmental catastrophe and the military-industrial mirage of American progress.

But I felt like the future I pictured -- one which would require a complete change of individual and collective thinking - was was own hopeful vision, one too large to begin to realize.

Then I noticed the Marin Greens' pamphlet listed some of my own beliefs. Water, air and food shouldn't be polluted; diversity enriches a community; people are more important than profits and the future is as important as the present. I know these things, but never understood how my work and life could be part of an intricate web of people taking similar actions to reach for a new tomorrow. As I explored the nature of the Green movement, I began to fall in love with the color, philosophy and possibility of the Greens.

Combining sociological change with ecological awareness, the Greens' philosophies center around strengthening communities and eventually creating a peaceful, balanced world order. In America, becoming Green starts with an individual who recognizes that grass roots activism is necessary because the present mainstream political system renders us powerless to effect change. With nuclear warheads hanging over us and toxic waters flowing, a more typical reaction is to retreat into a shell and go about the daily task of survival.

"People have been oppressed to the point where they accept the system because they are frightened, in pain, and don't see an immediate solution," says Daniel Solnit, a member of the Marin Greens' steering committee who helped

found the Marin group in 1985. "One part of our job is to get people past their own despair and oppression."

Solnit believes this fearful existence belies our true nature, which is to be open and loving so we can work with others to create the world we desire. "A lot of people know the problems are there and some know why, but that information doesn't help them reach a solution. They need an understanding of how to start getting there."

Under his thinking, it follows that a political system based on trust and cooperation is more natural to humans than an autocratic order. "Unfortunately, we're stuck with the dog-eat- dog model of Charles Darwin," Solnit said. "But we're the only species living under a competitive model."

That model may be suicidal to us and the planet. A cooperative approach that harnesses collective energy and intelligence could pull us off the path of self destruction. "The extent to which we follow ecological principles is the extent to which we'll be successful," he said.

The organization of the Marin Greens looks more like a wheel than a ladder. In the center, the steering committee provides support and resources to local action groups and forms coalitions between them. "If someone is really concerned about deforestation, they can come and work with us on that issue," he explained. "It never works to ask them to follow our agenda."

Groups are encouraged to use consensus-building to make decisions and complete projects. Although Solnit admitted, "we haven't fully empowered people to be leaders," the goal is that everyone's opinion will be heard. To do otherwise would be to mimic the hierarchal system the Greens seek to eradicate.

"You build consensus by asking the people in the group, 'what role do you want to play and how?'" said Margot Phillips, another steering committee member. "The idea is that anyone who wants to be a leader can be, but it's more important that we all pick a piece of the task and concentrate our energy on it."

She served as leader in the project to build a giant circus- type Gaia booth, complete with a human personification of the great Mother, for San Rafael's 1991 Earth Day celebration. "People on our booth knew what they had to do and they just did it. We have to work that way because we don't have much time left."

Like her Spirituality/Theatrical Action coalition, other groups thrive like tiny ecosystems forming the Marin Greens universe. From the Nuclear Free Zone to the Forest Protection/Environmental Action group, together people seek a just, peaceful and humane future. "Each person that embraces the vision takes a piece of it," said Solnit, "and each one contributes to a part of the solution."

This means departing from the reactive position typical of progressive movements, to look at alternatives to current policies and systems. "For every person out protesting the war, there's another one researching alternative energy systems."

When activists make changes in towns and cities, they can also potentially affect national policies and global concerns. Issues such as materialism, militarism and economic instability can be addressed from within the smallest to the widest circles.

The Marin Greens share their vision for change with other Greens throughout the world, in a system that ties all contingents together regardless of the size of the Green force in each area. The international movement, which began in West Germany in 1979, has spread across Europe, Canada, Latin America and other areas. In many countries with multi-party systems, Greens have won up to 20 percent of the national seats.

Although a handful of U.S. states have become Green, California has led the fledgling movement here, an many are looking to the state's Green groups to lead the way to mainstream politics. Californian Green activists recently launched the

Green Party and are struggling to sign up enough people to get it listed as a party on the 1992 state ballot; a total of 80,000 registered voters are needed.

Mitra, a member of the Marin group's steering committee who first became affiliated with the movement in England in 1985, said forming a Green third party in a restrictive two-party system is the party's biggest challenge right now. "We need to register as many people as possible because of this absurd number we're required to get," he said. "It's hard to work within a system making it difficult for third parties to register."

Although activists only number about 1,000 nationwide, the list of Californians registered Green is growing. To check the "Other" box on a voter card and fill in "Green" would seen to offer appeal to some of the 16 million Californians not registered or the 7.6 million registered but who don't bother to vote because their voices are lost to the major political parties.

"A lot of people are focused on electoral politics, because that's where a change in public discourse could happen," said Solnit.

But involving people in community action, where they can feel like they are contributing, is equally if not more important. "To me if it were just electoral politics it would miss the mark, because it becomes so concerned with the game of getting people elected," said Mitra. "Besides, watching the grassroots activists in the community makes people realize who they want to represent them in an election."

Systems that create groups of self-sufficient neighbors appeal to people who advocate regional societies. "We're all rooted to a biorhythm, and we're connected to that in the way we feel and see ourselves," said Solnit. "When people move around every two years, it's hard to feel connected. But working together on an action, no matter how small, nurtures and enlivens people."

He cited Fairfax as a community that grew "organically" based on its ability to support residents, not propped up by development caused by runaway population growth. As a result of a stable citizenry, it's become a Marin town where the impetus for change is rooted in a deep caring for the very soil under the town and everything linked to it.

Today the Marin Greens seek the proper nourishment to feed both grassroots action and Green Party work. One major focus this year is education outreach, based on the recognition that Greens should share their understanding with other looking for an alternative political vision. "Green Talks" on such topics as Media and Press Work, being offered through the Marin Center for Peace and Justice, allow more experienced Greens to pass skills along to the newly-initiated.

Another challenge is to encourage active membership. Telemarketing and mailing campaigns help reach people who may want to build a coalition within the Greens movement.

Most everyone agrees that the Green's appeal is that it accommodates an all-encompassing list of concerns. "What first attracted me to it was the commitment to environmental ideals and social justice," said Mitra. "It's an organization where people who believe in animal rights and people demonstrating against a war can all work together."

That's why Phillips works with the Greens. "My hope is that people interested in a lot of different issues will start to realize it's all one issue," she said. "The Greens makes it possible for us to all join up and put our shoulders to the wheel."

A visionary outlook is another commonality. "I feel certain that we'll survive, and that we can build a more just, balanced and sustainable society," said Solnit. "But we can increase or decrease the amount of suffering we cause ourselves and other living beings by working together in a positive way.

"I don't have to see it happen tomorrow," he added. "If my grandchildren grow up free, that's enough for me."

Cruel Mistress

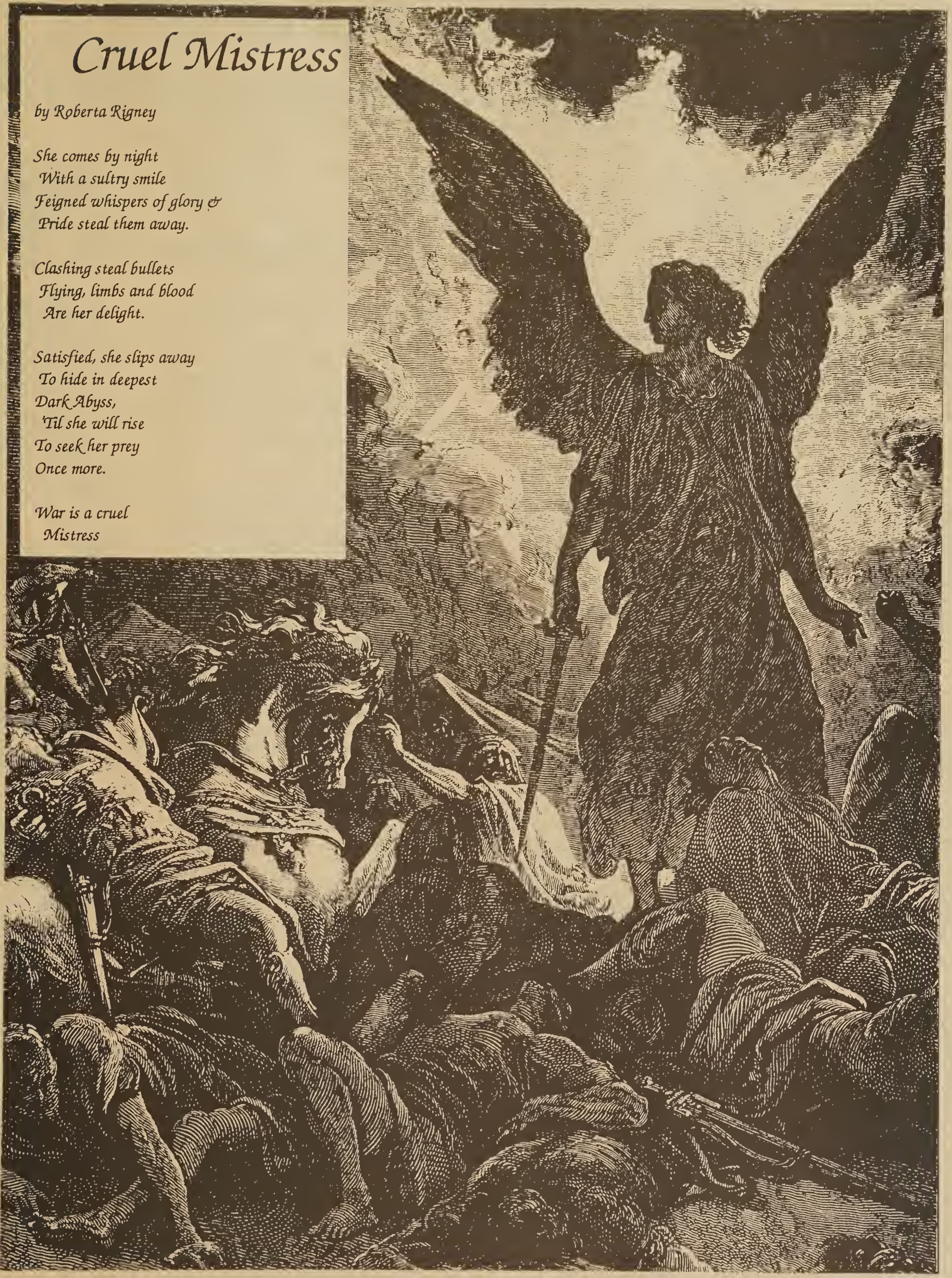
by Roberta Rigney

She comes by night
With a sultry smile
Feigned whispers of glory &
Pride steal them away.

Clashing steal bullets
Flying, limbs and blood
Are her delight.

Satisfied, she slips away
To hide in deepest
Dark Abyss,
'Til she will rise
To seek her prey
Once more.

War is a cruel
Mistress



Marketplace Exchange

These businesses offer socially responsible products or services. They are local people serving their community in an ethical and honest way. We urge you to use this directory for all of your needs. If you know of a business that should be included in this directory please call Options at 485-5329.

GIFT SHOPS

Folkways East
63 Bolinas, Fairfax
453-1209
Tues-Sat. 10:30-6
Traditional arts & crafts of Asia at affordable prices

A Shop for All Seasons
552 San Anselmo Ave., San Anselmo
454-6018
M-F 10-5:30; Sat 10-5; Sun 11-3
Party supplies, fantasy porcelain dolls, healthy children's books and toys.

Culture Shock
7 Bolinas Road, Fairfax
456-8138
Sun-Weds 11-5; Thurs-Sat 11-6
International imports & curiosities. Clothing, jewelry & artifacts

Sawtooth Quilt Shop
1560 Fourth St., San Rafael
Fourth St. between E & F Streets 453-1711
Mon-Sat 10-5:30
100% cotton fabrics * classes * quilt restoration

Crystal Reflections
425 San Anselmo Ave., San Anselmo
454-8233
10am - 6pm
Fine jewelry - Gem Stones - Minerals

Sherman's General Store
61 Bolinas Rd., Fairfax
454-6576
106 M-Sat Sun 11-3
For the best of everything

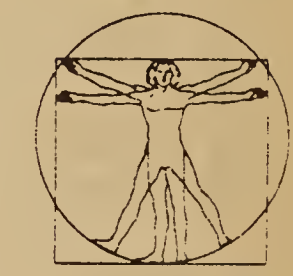
Slightly Touched Greeting Cards
Penny Yrigoyen 454-2684
Hilarious greeting cards. A great way to laugh. Available at local stores.

HEALTH PRACTITIONERS

Dr. Linda Elyad & Dr. William Finn
710 C Street #12 San Rafael
Parking next to 7/11 on B Street
459-3330 by appt. open wkends and eves.
Achieve comfort again with quality Chiropractic care. Self care and movement re-education. Treatment tailored to your specific needs and goals. Massage & adjustment $50.

Stuart Kutchins, Doctor of Oriental Medicine
32 City Hall Ave. San Anselmo
459-1868 by appointment
Acupuncture, Chinese medicine, postural integration, cranial therapy, visceral manipulation.

San Anselmo Chiropractic; Neil Kraus, D.C.
130 Greenfield, San Anselmo
456-3435
M-F 8:30-12:30; 2:30-6:30; Sat 9:30-11:30
Family chiropractic care fostering life in balance



Community Chiropractic
Michael DeFino, D.C.
130 Greenfield Ave., San Anselmo
456-3435
M-F 8:30-6:30; T/Th 2:30-6:30; Sat 9-12
Balancing structural biochemical and emotional aspects of health; Food, chemical, and environmental sensitivities, nutritional counseling

COUNSELING SERVICES

Susan Leonard, M.A. MFCCI#14084
485-2655 by appointment. Sliding Scale
Counseling for individuals, couples & family. Certified expressive arts therapist. Ongoing groups for mean and women with ACA & co-dependency issues. Supervised by Maxine Auerback LCSW#3312

Hermina M. Rosskopf MS. MFCC#27476
924-0607
Specializing in older adults & their families. Case management, home visits, support groups & workshops. General therapy for individuals, couples & families. Menopause support group

Barbara Rozen MFCC
1703 Fifth Ave., #205, San Rafael
383-2309
Experienced Psychotherapist and consultant for adults, older adults and their families, and individuals with coexisting medical and psychological concerns. Crisis management, coordination of care and medication monitoring. Available for home visits.

HORSES

Cabaline Saddle Shop
Main St. Pt. Reyes Station
663-8303
Open everyday
English, Westem & endurance equipment & apparel, sportswear & gifts

FLORISTS

Village Green
69 Broadway, Fairfax
453-6969
M-F 10-6; Sat 10-5
Personalized floral design. We deliver worldwide

GARDENING SUPPLIES

Dirt Cheap Organics
5645 Paradise Dr., Corte Madera
924-0369
M-W-F-Sat 10-5
Complete line of organic fertilizers, composts, worms, seeds...
"All for the good of the Earth" Call for free price list.

NURSERIES

Mostly Natives Nursery
P.O. Box 258
Tomales, CA 94971
At the corner of Highway 1 and 2nd St.
707-878-2009
Wed-Sat 9-4; Sun 12-5
Growers of Califomia natives and drought tolerant plants

Sunnyside
130Sir Francis Drake, San Anselmo
453-2701
Open everyday 8:30am-5pm
Marin's largest grower of quality plants

O'Donnell's Fairfax Nursery
1700 Sir Francis Drake, Fairfax
Across from Lucky
453-0372
Every day 9-5:30
Complete line of organic fertilizers. Complete landscape service. Full line of retail products. Lic #561513

BOOKSTORES

Artist's Proof Bookstore
460 Magnolia Ave.
in beautiful downtown Larkspur
924-3801
M-Th 10am-6pm; Fri 10-9;
Sat 10-6; Sun 11-4
Broad selection of books, including our new up0stairs section on science and the environment; literary and educational events; special orders; conferences.

Paper Ships
630 San Anselmo Ave., San Anselmo
457-3799
9am-6pm six days
Oldest metaphysical bookstore in Marin. Crystals, rocks and minerals, tapes & jewelry

Lifeways
915 Lootens Place, San Rafael
Around the corner from Macys
456-9445
Open 7 days; M-Th 10-7; Fri/Sat 10-8; Sun 12-5
One of the Bay Area's best New Era shops offering 6000 titles, crystals and jewelry, tapes, CDs, fine cards, posters, sacred art, incense, essential oils and much more

Marin Teachers Store
901 "C: St., San Rafael
Downtown San Rafael 7 blocks from 101 at 3rd & C
453-9197
Weekdays 10-6; Sat 10-5; Sun 12-5
Featuring multi-cultural books and "The Big Peace Book: by noted authors and illustrators of children's books

ART

Edward S. Curtis Gallery
247 Sir Francis Drake, San Anselmo (Bank St.& SFD)
454-4481
Tues-Sat 10-5; Sun Noon-5
Original collection of Edward S. Curtis and representing over 35 different artists

CRAFTS

Ida Grae, Handweaving & Textile Design
424 La Verne Ave., Mill Valley
388-6101 by appointment
Study handweaving as a hobby or profession in the best equipment studio in Northem California. Floor looms. Apprenticeship available

MUSIC

Amazing Grace Music
111 Red Hill Ave. San Anselmo
456-0414
10:30 -6:30 M-F, Sat. till 5:30
Acoustic guitar & accessories; mandolins and banjos; expert repairs

Ali Akbar College of Music
215 West End Ave., San Rafael
Off Miracle Mile near Shell station
454-6264/office; 454-0581/store
Office M-F 10-5; classes M-W 4-10;
Store M-F 12:30-5:30
Evening classes in North Indian classical music; CDs, cassettes, and instruments: tamboura, harmonium, tabla, mridangan. Visitors welcome

RECOVERY SERVICES

Ross Hospital &
Pacific Recovery Center
Kentfield, Novato, Larkspur
Toll Free 1-800-479-ROSS
24 hour helpline. Outpatient and residential treatment for adults & families with alcohol or drug problems. Inpatient psychiatric services for adults, adolescents, and children. Free consultations.

ENVIRONMENTAL TESTING

Safe Environments
400 Preda St., San Leandro
549-9693 or 1-800-356-2663
Allergies, migraines, colds & flu? Get well now. We test on-site for radon, pesticides, formaldehyde, asbestos, electromagnetic radiation. Home or office. Do-it-yourself kits available

ENVIRONMENTAL PRODUCTS

The Water Store
184 Bon Air Shopping Center, Greenbrae
Off Sir Francis Drake near the junction of Hwy 101 & 580
461-4040
M-Th 10-7; F/Sat 10-5
Water Conservation & Purification systems for the home & office. Bottles, crocks, stands, carbonators, dispensers & other water related products

The Earth Store
274 Northgate One, San Rafael
(near Safeway) 472-5475
Mon-Fri 10-8; Sate 10-6; Sun 11-5
Environmentally sensitive products and gifts. "Let's all help save the earth"

WATER CONSERVATION

Big Dipper Irrigation Service
P.O. Box 1988, Novato
892-8638
State-of-the-art drip and sprinkler systems. Consultation, design and installation, repair and maintenance.

NATURAL FOODS

Wildwood Natural Foods
135 Bolinas Road, Fairfax, CA 94930
(415) 459-3919
M-F 9-12; 1-5
our great tasting, healthy foods are available in natural foods stores and quality supermarkets throughout Marin

Living Foods
222 Greenfield Ave. San Anselmo 258-0660
149 Throckmorton, Mill Valley 383-7121
Mon-Sat 9-8; Sun 10-7
We are an environmentally conscious Natural Foods Company featuring everything you need for a healthy lifestyle. We feature local organic products whenever possible.

Good Earth Natural Foods
123 Bolinas Rd.; Fairfax
across the street from Redwood Park
454-0123
Mon-Sat 10-8; Sun 10-6
Marin's leader in organic foods since 1969. Our produce alone makes your visit worthwhile

BAKERIES

Muffin Mania
2 Bayview, San Rafael
End of B Street-Bayview begins
485-1027
Mon-Fri 6-5; Sat/Sun 6:30-3
Environmentally sound for over 7 years. We have over 30 kinds of wonderful muffins and the best coffee & espresso drinks

BICYCLES

Sunshine Bicycle Center
737 Center Blvd. Fairfax
459-3334
M-Sat 10-6, till 7 Weds., 11-4 Sun
The ecological way to travel. Bicycles and Accessories featuring Trek, specialized and Fisher. Expert repairs & services.

CONSERVATION

Marin Conservation League
35 Mitchell Blvd., Suite 11, San Rafael, CA 94903
415-472-6170
M-F 8:30-5
The League's members are the grassroots that keep Marin green. Marin's premier environmental group needs you. Join us, now.

ENTERTAINMENT

19 Broadway Nightclub
19 Broadway, Fairfax
459-1091
11am - 2am
Live music nightly showcasing local bands

RESTAURANTS

Two Bird Cafe
6921 Sir Francis Drake, Forest Knolls
in the San Geronimo Valley towards Pt. Reyes
488-9952
T-F 7-3; Wkends 8-3; Dinners
Th-Sun 5:30-9:30
Stop by on your way to the beach for family dining. Enjoy our outdoor Patio. This Place Cooks!

CAFES

Cafe Espresso
85 Bolinas Road #4, Fairfax
In Fairfax square behind the Women's Fitness Center
485-5535
M-F 7am-6pm, Wkends 8am-6pm
Espresso beverages, fresh pastries, fruit juices & smoothies, light breakfast & lunch

Patricks Bookshop Cafe
9 Bolinas Rd., Fairfax
454-2428
M-F 6:30-Midnight;
Wkends, holidays 8:30-Midnight
Fine coffee, pastries, light food, used books, chess, bridge, backgammon, etc. Poetry readings Thursday nights.

Caffe Nuvo
556 San Anselmo Ave. San Anselmo
454-4530
M-Th 7am-11pm; Fri 7am-midnight;
Sat 8am-midnight; Sun 8am-11pm
Live music Weds-Sun. Sunday Brunch on the deck. Sandwiches, sumptuous soups, sweets, fine espresso drinks

VIDEO

Video West & Pizza Too
6825 Sir Francis Drake Blvd., Forest Knolls
488-4888
M-Th. Noon-9; Fri. Noon-10;
Sat 11-10; Sun 11-9
Have a video party with fresh take & bake pizza with your favorite movie.
Double Rainbow ice cream.

TRAVEL

Redwood Travel
1344 4th St., San Rafael
454-4932
M-F 8:30-5:30; Sat 10-3
Professional travel services
Leisure and Corporate Travel

BED AND BREAKFAST

Rosemary Cottage
Inverness
663-9338
Enjoy romantic seclusion near the Point Reyes National Seashore. Families welcome.

BUSINESS SERVICES

Wendi Kallins
11 Bolinas Road, Fairfax
485-5329
Quality, professional bookkeeping services including payroll, cash flow management, job costing, payables and receivables.

Postal Services Plus
524 San Anselmo Ave., San Anselmo
Across from town hall on the foot bridge
459-2567/FAX 456-9197
M-F 9-5:30 Sat 10-4
A complete mailing and business center, Copies, desktop publishing, packaging & shipping.

Business Services of Marin-Boxes & Boxes
518D Tamalpais Dr. Corte Madera 924-0809
In the Park Madera Center, behind the Shell Station
1683 Novato Blvd. Novato 897-6461
next to Alamo Travel in Bauer Bldg. at 7th/Tamalpais
M-F 8-6; Sat 10-2
Copy & fax service, packing & shipping, mail services, recycled paper products (see ad in this issue)

A Touch of Magic
258-9822
10am-5pm M-F
New Age marketing consultant. I can help you market your New Age product. Low Fees!

PRINTERS

San Anselmo Printing Inkorporated
526 Red Hill Ave., San Anselmo, CA 94960
(415) 453-3200
6am - 5:30pm
Quality craftsmanship at affordable prices

Marin Litho
475 Gate Five Rd. Suite 100, Sausalito
332-3397
M-F 9-5:30
Full service offset printing. Equipment: AB-Dick 360 with 2nd colorhead, Heidelberg KORD (25" 1 color) Heidelberg SORMZ (29" 2 color)

TELECOMMUNICATION

Communication Engineering
1912 Sir Francis Drake, Fairfax
459-0330
M-F 8-5
Business & residential telephone systems, wiring, installation & maintenance

FINANCIAL SERVICES

Pacifica Financial Network
John Yonnatti Certified Financial Planner
925-1212 or 488-4445
Investments with socially redeeming value; financial plans according to your goals; tax preparation; insurance

Progressive Asset Management - Thomas Van Dyck
1814 Franklin St. Suite 710, Oakland 94612
834-3722 or 1-800-527-8627
The first brokerage firm specializing in socially responsible investing. We help individuals combine their financial & social objectives into a social investment plan

Tamalpais Tax Service
Paul Graves, Tax preparation & Consulting
389-0139 by appointment
Helping the small business & self-employed reduce tax liability. Friendly, relaxed, professional

Ruth L. Zamist, Certified Public Accountant
459-1077
An understanding and compassionate accountant, sensitive to the emotional issues of money and taxes. Specialist in comprehensive, year-round tax planning & preparation

ARCHITECTS

RUSHTON▫CHARTOCK
A R C H I T E C T S
1620 Sir Francis Drake; P.O. Box 173, Fairfax
457-2802/FAX 457-2873
We are specialists in the field of residential architecture and we recognize the special nature of the design services you are requesting

BUILDERS

Jack Mosher Construction Inc.
504 Red Hill Ave., San Anselmo
457-0713
Environmentally sensitive construction. Residential remodeling featuring fine kitchens and baths.

Quality & Quantity Construction Services
19 Strawberry Circle, Mill Valley
388-3525
contemporary remodeling, renovations, structural repairs. Lic #500259

REAL ESTATE

Jane Canning, Realtor Associate
400 Red Hill Ave., San Anselmo
On "Miracle Mile"
454-3000
Donation to environmental organization of your choice with each closed real estate sale. Call for details about our equity share program

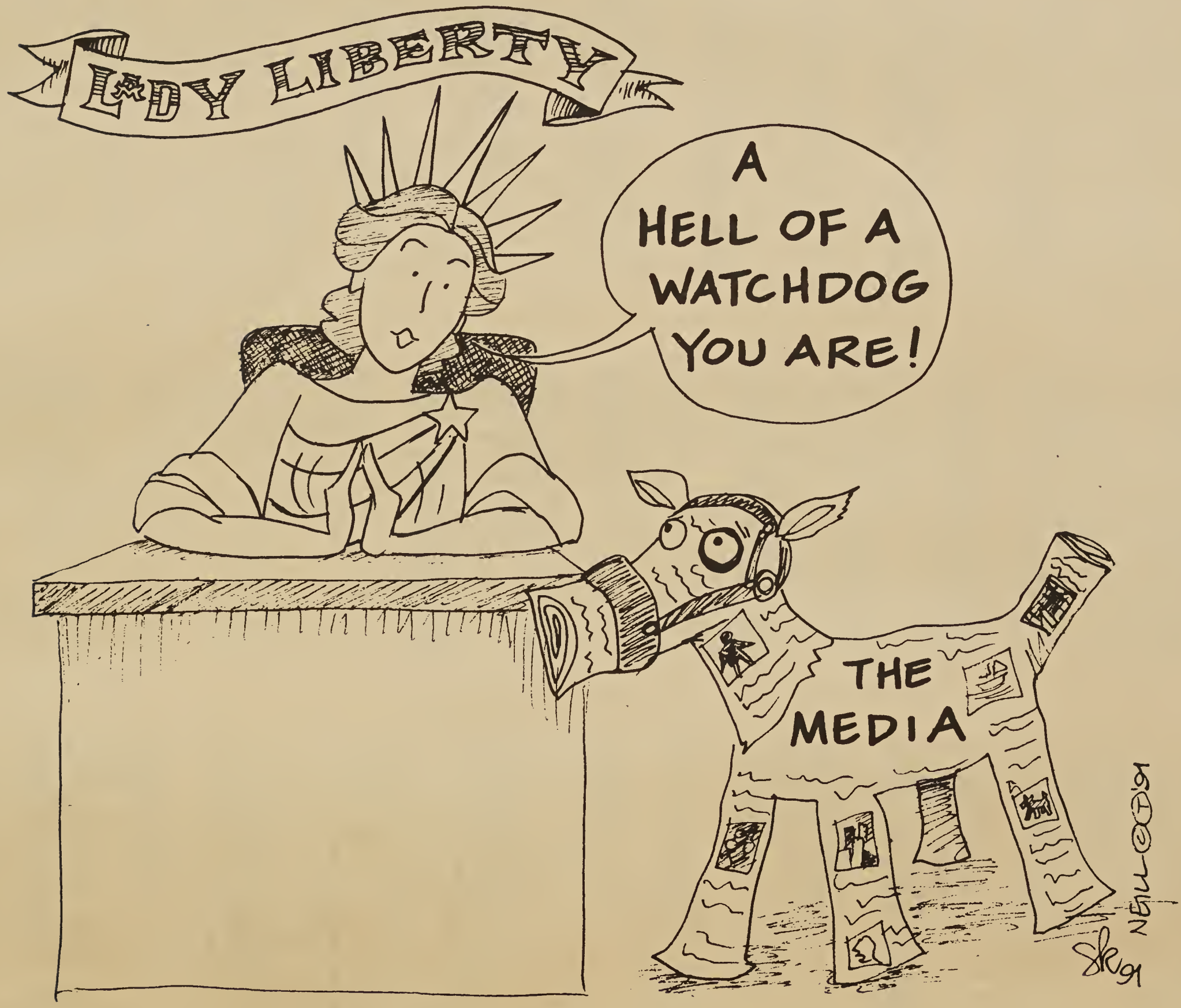
HOME FURNISHINGS

Ohmega Salvage
2407 San Pablo Ave., Berkeley
843-7368
M-Sat 9-5 Sun 12-5
Unique, recycled items including lighting, plumbing, Victorian, clawfoot tubs, fireplace mantels, etc.

CLEANING

Crystal Clean
Daniel Solnit 454-5042
Complete professional cleaning services for home or office specializing in windows, move-outs, non toxic. Free estimates. 5% donated to environment

Get a Business listing at only $100 a year. Call Options at 485-5329


LADY LIBERTY
A HELL OF A WATCHDOG YOU ARE!
THE MEDIA
NEILL 91

Resource Directory

ANIMAL

In Defense of Animals
816 West Francisco Blvd.,
San Rafael 94901
Contact: 453-9984

Marin Humane Society
171 Bel Marin Keys, Novato 94947
Contact: 883-3522

ARTS

Falkirk Cultural Center
1408 Mission Ave., San Rafael 94901
Contact: Carol Adney 485-3328

Global Artists in Action
656 Throckmorton, Mill Valley 94941
Contact: Mary Landsman
383-5117

Headlands Center For The Arts
944 Fort Barry, Sausalito 94965
Contact: Patricia Quill
331-2787

Headlands Institute
Golden Gate National Rec. Area,
Sausalito 94965
Contact: 332-5771

EDUCATIONAL

Footloose Forays
P.O. Box 1179,
Point Reyes Station 94956
Contact: Michael Ellis
663-9206

Marin Discoveries
11 First St., Corte Madera 94925
Contact: Jim Stills
927-0410

Marin Education Foundation
1010 B St. suite #300, San Rafael
94901
Contact: 459-4240

Media Tree
80 Lomita Dr. Suite 15,
Mill Valley 94941
Contact: Carol Adney 383-6903

Science Discovery Workshop
P.O. Box 638, Woodacre 94973
Contact: Georde Raddue
331-2955

Slide Ranch
2025 Shoreline Highway, Muir Beach
94965
Contact: 381-6155

Tamalpa Institute
P.O. Box 794, Kentfield, 94914
Contact: Anna Halperin
461-9479

Terwilliger Nature Center
50 El Camino Dr.,
Corte Madera 94925
Contact: Cynda Vyas
927-1670

ENVIRONMENT

Audubon Canyon Ranch
4900 Shoreline Hwy,
Stinson Beach 94970
Contact: Skip Schwartz 868-9244

Bay Institute
10 Liberty Ship Way #120,
Sausalito 94 94965
Contact: Bill Davoren
331-2303

Bolinas Community Land Trust
P.O. Box 62, Bolinas 94924
Contact: 868-2112

Bolinas Lagoon Foundation
P.O. Box 444, Stinson Beach 94970
Contact: 526-8661

California Marine Mammal Center
Marin Headlands, Sausalito 94965
Contact: Peigin Barrett 561-7284

California Native Plant Society
1 Harrison Ave., Sausalito 94965
Contact: Fraser Muirhead

Coastwalk
57 Bridle Path Lane, Novato 94945
Contact: Walt Creber 898-1975

Dolphin Network
524 San Anselmo Ave #218,
San Anselmo 94960
Contact: Ed Ellesworth 454-7964

Environmental Action Committee of West Marin
P.O. Box 609, Point Reyes Station
94956
Contact: William Barrett
663-9312

Environmental Forum of Marin
P.O. Box 74, Larkspur, 94939
Contact: Barbara Perlman-Whyman
461-9321

Environmental Health Association of San Franciso
P.O. Box 575, Corte Madera 94925
Contact: 924-5141

Environmental Restoration Director
1713C Martin Luther King Jr Wy,
Berkeley 94709
Contact: 843-2645

Forests Forever
Contact: Ken Smith
459-3765

Friends of the Esteros
Box 184, Tomales 94971

Golden Gate National Parks Association
Bldg 204, Fort Mason,
San Francisco 94123
Contact: 556-2172

Golden Gate Raptor Observatory
Bldg 204, Fort Mason,
San Francisco 94123
Contact: Allen Fish
331-0730

Green Century Project
Bldg 1055 Fort Cronkhite,
Sausalito 94965
Contact: Huey Johnson

Gulf of the Farallones National Marine Sanctuary
Fort Mason, San Francisco 94123
Contact: Miles Croom 556-3509

Health & Habitat
76 Lee St., Mill Valley 94941
Contact: 383-5343

King Mountain
Open Space Association
P.O. Box 1014, Larkspur 94939
Contact: 459-2203

Marin Agricultural Land Trust
P.O. Box 809, Point
Reyes Station 94956
Contact: Robert Berner 663-1158

Marin Audubon Soceity
P.O. Box 599, Mill Valley, 94942
Contact: Barbara Salzman
472-4140

Marin Conservation League
35 Mitchell Blvd Suite 11,
San Rafael 94903
Contact: Kay Slagle, Karin Urqhart
472-6170

Marin County Conservation Corps
P.O. Box 89, San Rafael 94915
Contact: 454-4554

Marin County Farm Bureau
P.O. Box 340,
Point Reyes Station 94956
Contact: 663-1231

Marin County Parks &
Open Space District
Rm 335, Civic Centre,
San Rafael 94903
Contact: 499-6387

Marin Greens
P.O. Box 894, Fairfax 94930
Contact: Daniel Solnit 454-5042

Marin Rainforest Action Group
20 Montevideo Way,
San Rafael 94903
Contact: Ann Maurer 459-1986

Marin Recycling & Resource
Recovery Center
535 Jacoby St, San Rafael 94901
Contact: 453-1404

Mow Our Weeds (MOW!)
P.O. Box 334,
Point Reyes Station 94956
Contact: Donna Sheehan
663-1287

Off Oil Network (Sierra Club)
2448 Watson Ct., Palo Alto 94303
Contact: Jeanne or Bill
326-5684

Pacific Energy & Resource Center
Bldg 1055, Ft Cronkhite,
Sausalito 94965
Contact: Armin Rosencranz
332-8200

Point Reyes Bird Observatory
4990 Shoreline Hwy,
Stinson Beach 94970
Contact: Bill Richardson
868-1221

Point Reyes National Seashore
National Park Service,
Point Reyes 94956
Contact: 663-1092

Regeneration West
P.O. Box 493, San Anselmo 94960

Resource Renewal Institute
Bldg 1055, Ft. Cronkhite,
Sausalito 94965
Contact: Huey Johnson 332-8082

Richardson Bay Wildlife Sanctuary
376 Greenwood Beach Rd.,
Tiburon 94920
Contact: Beth Heining 388-2524

Ring Mountain Preserve
3152 Paradise Dr. #101,
Tiburon 94920
Contact: 435-6465

Romberg Tiburon Centres
(SF State University)
P.O. Box 855, 3150 Paradise Dr,
Tiburon 94920
Contact: 435-1717

Save Horse Hill
P.O. Box 621, Mill Valley 94942
Contact: Janis Bosenko 388-0961

Sierra Club
222 Crest Rd, Novato 94945
Contact: Gail Wilhelm 453-8636

Tamalpais Conservation Club
870 Market St #652,
San Francisco 94102
Contact: 391-8021

The New Renaissance Center
Bldg 1055, Fort Cronkhite,
Sausalito 94965
Contact: 332-8082

West Marin Alliance
P.O. Box 670,
Point Reyes Station 94956

West Marin Paths
P.O. Box 844, Point Reyes Station
94956
Contact: Ken Fox
663-1467

Wildlife Center
P.O. Box 957, San Rafael 94915
Contact: Jo Tomlinson
454-6961

FUNDING

Marin Community Foundation
1100 Larkspur Lndg Crlc #180,
Larkspur 94939
Contact: Salyanne Wilson 461-3333

HUMAN RIGHTS

Amnesty International
P.O. Box 200, Albion Ct,
Novato 94947
Contact: Jeffrey Zankel 898-7752

Marin Human Rights Commission
Rm 423, Civic Center,
San Rafael 94903
Contact: 499-6192

PEACE

20/20 Vision
P.O.Box 566, Corte Madera 94925
Contact: Martha Olsen

Beyond War
71 Mt. Lassen Dr. #d259,
San Rafael 94903
Contact: Louise Arndt 479-5100

Central American Network
1024 Sir Francis Drake,
San Anselmo 94960

Creating our Future
398 N.Ferndale, Mill Valley 94941
Contact: 381-6744

Educators For Social Responsibility
18 Seminole Ave.,
Corte Madera 94925

Friends Committee on Legislation
926 J Street #707, Sacramento 95814
Contact: (916)443-3734

Marin Center for Peace and Justice
1000 Sir Francis Drake,
San Anselmo 94960
Contact: John Cook 459-5676

Marin Interfaith Task Force
25 Buena Vista, Mill Valley 94941
Contact: Suzanne Bristol
454-0818

Marin Sane Freeze
72 Kensington Rd.,
San Anselmo 94960
Contact: Linda Eliad & Dian Allen
459-1530

Marin/Condega Sister City
1024 Sir Francis Drake,
San Anselmo 94960

Mill Valley Sister City Program
57 Lee St, Mill Valley 94941
Contact: Elly Mitchell
383-5776

Peace Child Marin
P.O. Box 27, San Rafael 94915

PERSONAL GROWTH

Green Gulch
Zen Center, Star Route #1,
Sausalito 94965
Contact: Michael Sawyer 383-3134

Institute Of Noetic Science
475 Gate 5 Rd. #300, Sausalito 94965
Contact: Nola Lewis, Willis Harman
331-5650

Living/Dying Project
P.O. Box 357, Fairfax 94930
Contact: Karen Dega 387-5892

Marin Suicide Prevention Center
P.O. Box 2749, San Anselmo 94960
Contact: Jacqueline Spielberg
454-4566

SOCIAL JUSTICE

Canal Community Alliance
91 Larkspur St., San Rafael 94901
Contact: 454-2640

Citizens Against the Buck Center
P.O. Box 747, Corte Madera 94925
Contact: 925-1311

Community Action Marin
408 4th St., San Rafael 94901
Contact: Gail Theller
457-2522

Community Housing Resource Board
430 Mission Ave, San Rafael 94901
Contact: Nancy Kenyon or
Paul Smith 457-2390

Ecumenical Association for Housing
P.O. Box 1410, San Rafael 94915
Contact: Mary Murtagh 453-4887

Family Service Agency Of Marin
1005 A St. Suite 307,
San Rafael 94901
Contact: Marcia Kupfer 456-3853

Gray Panthers Of Marin
P.O. Box 2874, San Rafael 94912
Contact: Janet Pence 456-9038

Hospice Of Marin
77 Mark St #17, San Rafael 94903
Contact: 927-2273

Human Concern Center of Marin
16 Ritter St., San Rafael 94901
Contact: Susan Brown
457-8182

Innovative Housing
2169E East Francisco Blvd,
San Rafael 94901
Contact: Ann Howell 457-4593

La Familia
1480 Lincoln Ave., San Rafael 94901
Contact: Sleikendro Montenegre
457-4260

Legal Aid Society
30 N. San Pedro #245,
San Rafael 94903
Contact: Gary James Wood 492-0230

Marin Abused Women's Services
1717 5th Ave, San Rafael 94901
Contact: Pat Kuta 457-2464

Marin Adult Day Health Service
72 Kensington Rd.,
San Anselmo 94960
Contact: Kay Warren 459-6120

Marin Area Agency On Aging
Rm 257, Civic Center,
San Rafael 94903
Contact: Ellen Caulfield 499-7396

Marin Child Abuse Council
828 Mission Ave, San Rafael 94901
Contact: 459-4499

Marin City Multi-Service Center
740 Drake Ave., Marin City 94965
Contact: Tommy Drake 332-7227

Marin Community Clinic
2398 Sir Francis Drake, Fairfax 94930
Contact: 457-7700

Marin Community Food Bank
75 Digital Dr., Novato 94949
Contact: Anne Rogers
883-1302

Marin Concerned Citizens Committee
1024 Sir Francis Drake,
San Anselmo 94960
Contact: Lynn Sinns 456-7805

Marin Employment and Training Consortium
2165 Francisco Blvd #A-2,
San Rafael 94901
Contact: 258-4720

Marin Housing
830 B St., San Rafael 94901
Contact: 459-5843

Marin Museum Of The American Indian
2200 Novato Blvd., Novato 94947
Contact: Katherine Volz
897-4064

Mediation Services
Rm 412. Civic Center,
San Rafael 94903
Contact: Jody Anne Becker 499-6191

Ministry Of Light
1000 Sir Francis Drake,
San Anselmo 94960
Contact: Jane Spahr 457-1115

Novato Ecumenical Housing
P.O. Box 428, Novato 94948
Contact: 892-8136

Novato Human Needs
P.O. Drawer R, Novato 94948
Contact: Florrie Torconi 897-4147

Older Adult Services
18 Professional Center Pkwy,
San Rafael 94903
Contact: Grace Tomlinson or
Ann Sorgen 499-6808

Prison Law Office
2171 Francisco, San Rafael 94901
Contact: 457-9144

Rainbow Coalition
400 Canal, San Rafael 94901
Contact: Dorothy Vesecky 456-3958

YMCA
1500 Los Gamos, San Rafael 94903
Contact: 492-9622

YWCA
1000 Sir Francis Drake,
San Anselmo 94960
Contact: Jaimie Wiatrak 456-0782

Agape Foundation Fund for Nonviolent Social Change

Supporting grassroots nonviolent social change groups in the western U.S. since 1969 with

- *Grants/Seed Funding*
- *Low Interest Loans*
- *Fiscal Sponsorship*
- *Advice on fundraising and organization building.*

Also serving the needs of donors.

Call Director Ann Wrixon for more information.

Contributions are tax-deductible.

AGAPE FOUNDATION
655 Sutter St.
Suite 510
San Francisco, CA 94102
415 • 474 • 4604

Volunteers welcome.

SHE HAD FED HER FEARS SO LONG, HER DREAMS HAD DIED

©PENNY YRIGOYEN 1990 ALL RIGHTS RESERVED

FEED YOUR DREAMS SUBSCRIBE TO *OPTIONS* FOR ONLY $10 A YEAR

___Yes! I want Options in my life. Sign me up for a one year subscription. Here is my check for $10

Name_____

Address_____

City_____State_____Zip_____

Phone_____

Keep up the good work.
Here is my additional donation to Options:

__$100 ___$50 ___$25 ____$10 __Other

Options is a project of the Agape Foundation, a non-profit organization committed to non-violent social change.
Tax deductible donations of over $25 may be made to Options/Agape
Clip and send to Options Magazine, 1 Bolinas Rd., Fairfax, CA 94933